Volume VI

LIFE SKILLS

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اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَ آلِ مُحَمَّدٍ وعَجِّلْ فَرَجَهُم

Dedication

To the Light that guides us through the darkest of times,

To the Imam of the Time, Hazrat Baqiyatullah, the Savior of Mankind, the Sign of God,

In humble devotion, I dedicate the sixth volume of "Life Skills."

To my parents, the foundation of my existence,

S. Sirkar Abidi (Late) and Rifat Abidi (May Allah preserve her),

Your love and wisdom have been my guiding stars.

To the mentors who have illuminated my path,

Ayatollah Syed Hussain Murtaza Naqvi and his family, and

H.I.W.M. S. Ghulam Abbas Rizvi (Hussain Agha),

Your teachings have shaped my understanding of life's intricate tapestry.

To my beloved wife, S. Mehwish Zehra, and my young son,

S. Mohammed Hussain Mehdi, one of the future's starts,

Your unwavering support fuels my journey.

To my entire family, a source of endless strength and love,

Brothers H.I. Shoaib Abidi, Adeel Abidi, Mustafa Abidi,

Sisters Asra and Farheen, and my dear in-laws, mother, and sisters,

You are the roots of my being, holding me firm through life's storms.

To my friends and well-wishers, who have walked beside me,

Your camaraderie and encouragement have been my blessings.

This dedication is a small offering of my gratitude and affection for each of you. You have been the constellations in my personal sky, guiding me through life's journey. Your love, wisdom, and support are woven into the pages of "Life Skills," and I am forever indebted for the role you've played in shaping this work.

With heartfelt gratitude and unwavering love,

S. Jahanzaib Abidi

Dated: Jan 2024

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Preface

Dear Readers,

Salam un Alaikum,

We are delighted to present the sixth volume of "Life Skills," a unique collection that draws inspiration from a multitude of sources, each offering its own distinct perspective on the art of living a fulfilling life. In this installment, we continue our journey of exploration and self-improvement, weaving together insights from Quora Digest, Tips for Success, Noctis Enoch, the wisdom of Chat GPT, and the profound teachings of the Infallible Imams of Shia Islam.

In our ever-evolving world, the pursuit of a meaningful and well-balanced life is a quest that transcends borders, cultures, and beliefs. We are excited to delve into the intersections of wisdom that emerge from diverse sources and bridge the gaps between contemporary guidance and ancient spiritual traditions.

The digital age has ushered in a new era of knowledge-sharing and connectivity, making wisdom accessible to all. The internet's myriad platforms, like Quora and Tips for Success, offer a wealth of practical insights and knowledge, often sourced from experiences of individuals who have ventured on their own life journeys. We embrace this collective wisdom as a testament to the

power of human connection and our shared desire for personal growth.

Noctis Enoch, a name synonymous with the enigmatic and the profound, offers a unique perspective on the mysteries of life and existence. We delve into these insights, allowing readers to ponder the deeper questions and seek meaning in the mysteries that surround us.

The involvement of Chat GPT, the state-of-the-art AI language model, showcases the fusion of technology and human consciousness. Chat GPT's contributions add a modern, technology-driven dimension to our exploration of life skills, making this volume a testament to the evolving nature of knowledge and self-improvement.

Embedded within the pages of this volume, you will find a rich tapestry of teachings from the Infallible Imams of Shia Islam. These profound spiritual insights have guided countless lives, offering lessons on faith, morality, and personal development. We approach these teachings with reverence and the understanding that they form a cornerstone of the spiritual and moral compass for many.

As we embark on this journey, we encourage you, our readers, to approach these diverse sources of wisdom with an open heart and a curious mind. In the digital age, wisdom knows no boundaries, and its pursuit transcends the confines of culture or belief. Our aim is to draw upon the collective wealth of knowledge and insights, offering

you a comprehensive guide to navigate the complexities of life and to foster your own personal growth.

One last thing I want to clarify is that 90% of the articles in this book are copy-pasted from various online studies. And about 10% of articles are extracted from Chat GPT. If a Muslim or a religious person has any objections. then it is advised for them that if they see the words of other religions, they should counter-check them with the Islamic text before objecting. And where the text does not create any connection with Quranic Ayats & hadiths has deleted. The words of the Bible, Torah, Psalms or scholars of other religions that are not related to the Qur'an and Hadith have been deleted and only subjects or other permissible matters that are similar to the text or concepts of the Qur'an and Hadith have been presented. However, if there are any errors, please inform them so that they can be corrected in the next edition.

We thank you for joining us in this quest for a more fulfilling and purposeful existence, and we hope that the pages within this volume will inspire you to explore, reflect, and apply these life skills in your daily life.

With warm regards,

Abidi

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Some Dark Truth You Understand After Many Trauma

1. As a kid happiness is true bliss, as an adult happiness is just comfortability.
2. You are the main character in your life but you're just an extra in everyone else's.
3. Time doesn't heal wounds, it builds scar tissue.
4. You are the cause of most of the problems in your life.
5. Your parents can be amazing people who want the very best for you and still be at the source of your trauma.
6. If you're being attacked, others will attack you so they don't get attacked.
7. Earth shattering things can happen more than once and time won’t stop for you to process them.
8. You'll compromise so much in your life you'll forget what you ever really wanted for yourself.
9. Everyone must choose one of two pains: the pain of discipline or the pain of regret.
10. You don't get what you deserve, you get what you negotiate.

Some Things All Young People Will Realize In Their Life

1. Trusting your gut, the first time is usually the best option.

2. People tell you exactly who they are, and it's your job to listen.
3. Winning an argument is not as important as finding a solution.
4. Everything and everyone is not worth your energy.
5. The world is more gray than black and white.
6. Holding grudges is not the best use of your time.
7. Life is too short to stay in unhealthy relationships.
8. Childhood, although short, was very impactful.
9. Having a support system improves your mood and energy.
10. Being honest could save you a lot of time.
11. No one has it all together.
12. You can't control other people.

Some Psychological Facts

1. People change for two reasons either they learned a lot or they have been hurt too many times.
2. If your mind wanders often, there is a 85% chance that you're subconsciously unhappy with your life.
3. The saddest thing about betrayal is that it never comes from your enemies, it comes from those whom you trust the most.
4. When we are constantly wishing for something, we overlook everything we already have.

5. The way we dress determines the way we react. Especially our shoes.
6. Tripping in your dream and waking up with a twitch happens when your brains thinks you're dying.
7. Our mind can sense someone staring at us even when we're sleeping.
8. Being nice to someone you dislike doesn't mean you're being fake but it means you're mature enough to tolerate that individual.
9. The true mark of maturity is when somebody hurts you and you try to understand their situation instead of trying to hurt them back.
10. The first to apologize is always the bravest. The first to forgive is the strongest. The first to forget is the happiest.
11. At least once in life, you will meet a person you will never get over no matter how long it has been.
12. Life becomes more meaningful when you realize the simple fact that you will never get the same moment twice.

Lessons That You've Learned From Personal Experiences

- Getting too addicted to politics: Politics specially conspiracy detection is like a drug that has severe withdrawal symptoms. Do not ever

go too deep into it or get into the partisan divides. Just learn and gather information, but never engage too much in it. You should have some quality time for grounding and prayers and family.

- Reacting to impulses: Impulse thinking in the mind would only do you bad 95% of the time. Heart over mind is the way to conquer that. This means that you have to really decide if the option is the one for you in the future.
- Give people just two chances: If someone made a mistake due to bad timing, then the second chance is given to the person. Should another mistake occur, give the person one last chance IF and only IF it is another case of bad timing. After that, should they continue to repeat the mistake or change for the worse, cut off ties with them.
- Please vet through everything on social media: Misinformation and disinformation are presented as facts about 50% of the time on social media. Crucial vetting with AI apps such as wise one and search engines would enable you to get past the web of lies.

Some Deep Things Life Has Taught

1. To heal a wound, you need to stop touching it. So, forget your past and move on.
2. The person who died today had plans for tomorrow, take advantage of every second.
3. Treat yourself like someone you love.

4. Everything is for a reason don't stress, you will get what you deserve.
5. Your life really isn't yours if you care what others think.
6. If it makes you happy it doesn't have to make sense to others.
7. Your past doesn’t define your future.
8. If they really wanted to be in your life they would have done everything to stay, there.

Things that Should Not Feel Guilty About

- You shouldn't be guilty about defending yourself from verbal/ mental/ physical/ emotional/ financial abuse. You have the right to feel safe!
- Shouldn't be guilty about saying ‘no’, you also have a life and don't require to be accessible all the times.
- Shouldn't be guilty about letting go the person who was not your source of peace and happiness.
- Shouldn't be guilty about upholding justice even, when everything is against you (but if such things take place, plan wisely and then, shock them)
- Shouldn't be guilty about crying when you feel like.

- Shouldn't be guilty about your mistakes in the past. You'll do well the next time. After all, we're humans.
- Shouldn't be guilty about not figuring out what to do in life.
- Shouldn't be guilty of appreciating and following what you admire and love.
- Shouldn't be guilty of not being to live up to societal and parental expectations.

Daily Good Habits

1. Start your day with a healthy breakfast

2. Stay hydrated throughout the day

3. Exercise for 30 minutes each day

4. Make sure to get plenty of sleep

5. Find time for yourself

6. Avoid screen time before bed

7. Eat nutrient-dense meals

8. Take deep breaths to relax and refocus

9. Give yourself an achievable goal for the day

10. Practice Prayers, mindfulness and meditation

11. Spend time outside

12. Do something that brings joy

13. Set aside time to spend with family or friends

14. Stay organized and don't procrastinate

15. Write down your ideas, successes, and lessons

Lesson People Need To Learn About People?

1. People come with different values, beliefs, and goals. Everyone is entitled to their opinion and no one should be judged for their differences.

2. People can be unreliable, so it is important to be cautious in relying on others and take responsibility for your own decisions.

3. Everyone makes mistakes, so it's important to be able to forgive those who wrong you.

4. Not everyone will have the same perspective or understanding as you. Don't be offended by differences of opinion, try to see the other person's perspective.

5. You can't change a person, and it's important to accept people as they are and build relationships with those that are supportive of you and who are able to support you.

6. Everyone deserves kindness, so try to practice being kind and open-minded to people, regardless of how you feel about them.

7. People have different values, goals, and perspectives and that doesn't mean any of them are wrong.

8. Be aware of the impact your words can have and try to be understanding of how it affects other people.

9. Don't let the negative experiences with people bring you down or prevent you from interacting with them in a meaningful way.

10. Listen and be willing to put yourself in someone else's shoes to gain an understanding of how they feel and why they believe the way they do.

Overall, the toughest lesson people need to learn about people is that everyone is unique and deserves to be respected and understood. The more effort we put into understanding others, the better relationships we will be able to form.

Psychological Facts About Males?

1. Men have higher rates of death from suicide and homicides than women, with the highest risk among younger men.

2. Male emotions are different than female emotions, but just as complex and powerful.

3. Studies suggest men may have better self-control than women.

4. Men generally experience stronger gender role pressure, particularly around achievement and ambition.

5. Men's cortisol levels tend to increase in competitive and hierarchical situations, allowing them to react quicker to danger or pressure.

6. Male brain cells tend to be larger than female brain cells.

7. Men often talk less than women, yet make up 75% of political speeches worldwide.

8. Studies suggest that men are more susceptible to memory-loss with age.

9. Men experience greater impairment from the effects of addiction than women.

10. Men have a stronger desire for physical stimulation than women.

Habits Of Highly Successful People?

1. They set measurable goals and actively work to achieve them.

2. They know the importance of regular exercise.

3. They cultivate a growth mindset and never give up.

4. They are strategic with their time and prioritize what's important.

5. They don't let failure define them.

6. They read regularly to gain new perspectives and knowledge.

7. They challenge themselves and are never afraid of taking risks.

8. They learn from their mistakes and never repeat them.

9. They establish meaningful connections and relationships.

10. They practice gratitude and kindness towards others.

11. They maintain work/life balance to achieve maximum productivity.

12. They develop multiple skills to remain flexible and relevant.

13. They manage stress by making self-care a priority.

14. They embrace their uniqueness and practice self-acceptance.

15. They celebrate their successes and stay focused on their goals.

The habits of highly successful people include goal setting, regular exercise, a growth mindset, time management, learning from failure, reading, risk-taking, developing meaningful connections, practicing gratitude and kindness, managing stress, building skills, self-acceptance, celebrating success, and remaining focused. Ultimately, when you follow these tips, you will achieve greater success.

What Learned After A Failed Relationship

1. Find comfort in knowing you are not alone in experiencing pain, heartache and sadness.

2. Know that love isn't the only answer – sometimes love alone isn't enough to sustain a relationship.

3. Let go of trying to control outcomes or even of having expectations in relationships.

4. Don't over analyze – our minds often have the tendency to think more about the situation than necessary.

5. Open up to forgiveness and take responsibility for your role in the relationship.

6. Build your self-esteem – understand that the outcome of this failed relationship is not a reflection of who you are.

7. Lean into healthy coping strategies such as journaling, self-care and reaching out to others for support.

8. Accept the reality of the situation, move forward and learn from your experiences.

9. Live in the present, try to look towards the future, rather than linger on what was lost.

10. Remember to trust yourself – listen to your inner voice and make decisions that are aligned with what you truly want.

From this failed relationship, the greatest lesson to learn is that you should trust your intuition, stay true to your needs, and make decisions that are aligned with what you want in life. It's not easy to get over the hurt that can come with failed relationships, but these tips can help you cope with the emotions and gain strength to continue on with life.

Wisest Thing We Learned In Life

1. Life is too short to be too busy - slow down, take it easy and appreciate each moment.

2. Don’t be afraid to ask for help when you need it.

3. Seek out knowledge and new experiences to help you grow.

4. Laugh as much as possible - it's good for the soul.

5. Choose your battles wisely - it's not worth fighting over everything.

6. Learn to be patient - it pays off in the long run.

7. Enjoy the journey - don't focus only on the destination.

8. You can't please everyone - so please yourself instead.

9. Spend your time with people who are supportive and have positive energy.

10. Don't let failure define you - focus on learning from it.

11. Make your dreams a reality - take small steps towards your goals.

12. It's ok to say "No" - focus on the things that are important to you.

13. Don't be afraid to try new things - you never know what you'll discover.

14. Live in the present - don't get too hung up on the past or worry about the future.

15. Life is all about balance - try to make time for all aspects of your life.

Unspoken Rules We Should Learn Early In Life

1. Your friends will come and go, but family is forever - make the most of it.

2. Follow your own instincts, not the advice of others.

3. Nobody is perfect - learn to accept your own flaws and imperfections.

4. Treat yourself as you would treat a dear friend - with love and respect.

5. Prioritize your own needs - it is ok to put yourself first.

6. Don't worry about what others think of you - worry about being your best self.

7. Success comes in many forms - work hard and celebrate each of your achievements.

8. Give and receive grace - be kind and generous with others, but also yourself.

9. Listen to your gut feeling - trust your intuition to guide you.

10. Invest in your own education and growth - stay open to new learning opportunities.

Most Powerful Quotes You Have Ever Come Across

1. “You are capable of more than you know.” — Fleur Billington

2. “Our greatest glory is not in never falling, but in rising every time we fall.” — Confucius

3. “We become what we think about.” — Earl Nightingale

4. “It’s not who you are that holds you back, it’s who you think you’re not.” — Unknown

5. “Life is 10% what happens to us and 90% how we react to it.” — Charles Swindoll

6. “Be who you are and say what you feel, because those who mind don’t matter, and those who matter don’t mind.” — Dr. Seuss

7. “Things do not happen. Things are made to happen.” — John F. Kennedy

8. “In a gentle way, you can shake the world.” — Mahatma Gandhi

9. “There are no limits to what you can accomplish, except the limits you place on your own thinking.” — Brian Tracy

10. “Action is the foundational key to all success.” — Pablo Picasso

11. “Our destiny is to be equal with God.” — Richard Bach

12. “A champion is afraid of losing. Everyone else is afraid of winning.” — Billie Jean King

13. “Don’t watch the clock; do what it does. Keep going.” — Sam Levenson

14. “A successful person is one who can lay a firm foundation with the bricks others have thrown at him.” — David Brinkley

15. “Don’t be pushed around by the fears in your mind. Be led by the dreams in your heart.” — Roy T. Bennett

The Realities Of Life That People Don't Want To Accept

1. Life can be unpredictable and you cannot control the future.

2. There will be failures and mistakes that can teach you invaluable lessons.

3. Things don't always go according to plan.

4. Death is inevitable.

5. Relationships are hard work and sometimes can't be saved.

6. Financial struggles are common.

7. Happiness isn't guaranteed or forever.

8. Things aren't always what they seem.

9. Life is finite and the decisions you make matter.

10. Pain and suffering is a natural part of life.

11. Negative feelings such as anger, fear, guilt, and loneliness are part of life too.

12. Life can be unfair.

13. Life can feel overwhelming and full of responsibilities.

14. Some aspects of life can't be changed.

15. Life is full of compromise and sacrifice.

The Saddest Truth About Life

1. Everyone will die eventually, leaving behind their loved ones to grapple with the pain and sadness of their loss.

2. Difficult and painful experiences can occur at any time in life, regardless of how young or old you are.

3. Life can be incredibly unfair at times, leaving many people struggling to make sense of why certain bad things happen to them.

4. Illness, disease, and pain can affect anyone, no matter how strong and healthy they may be.

5. It can be hard to stay motivated and have hope for the future when faced with difficult situations.

6. We are all part of an unpredictable, ever-changing world and must learn to deal with whatever curveballs come our way.

7. There will always be things we can't control, making it difficult to live life as we may want.

8. We are not all born with the same opportunities, resulting in some people facing a much harder life than others.

9. Injustice and inequality exists in many parts of the world, making it hard for those in need to achieve justice.

10. Success and fulfillment do not always come to those who deserve it most, often resulting in feelings of disappointment and failure.

11. Life can be a battle between making the right decisions and having them be accepted by those around us.

12. Not all relationships are healthy and loving, resulting in a lifetime of heartbreak and hurt for some.

13. Friendships and loved ones may drift apart, leaving you with a feeling of loss and regret.

14. Our society is largely driven by money and possessions, resulting in a never-ending cycle of materialism and greed.

15. We are all alone in our own personal journey, regardless of how close and connected we may feel to those around us.

The saddest truth about life is that no matter how hard we may try, things don't always work out in the end and no one can guarantee happiness and satisfaction. Difficult experiences are part of the human journey and can often take us by surprise, making life seem much more difficult than we ever imagined. All sorrows and difficulties feels joyful if we have a strong purpose in life, a purpose of global change, that come only from the teachings of Noble Quran, Prophets and their households. The hope for divine change from the corrupt corporate culture to Godly civilization.

Lesson That Mothers Should Teaches

1. Always treat others with respect and kindness, no matter their background or beliefs.

2. Cherish every moment and appreciate the little things in life.

3. Persevere in the face of adversity and never give up.

4. Believe in yourself and have confidence in your abilities.

5. Speak up for what you believe in.

6. Don't take yourself too seriously, have fun and enjoy life.

7. Make sure to take time for yourself and relax.

8. Do something you love, be it art, sports, music or anything else that makes you happy.

9. Life isn't about what other people think, it's about you and your decisions.

10. Value and nurture the relationships you have with family and friends.

11. Have an open mind, don't judge others and always be open to learning new things.

12. Spend your money wisely, save when you can and always look out for a good deal.

13. Dream big, even if your dreams seem impossible.

14. Respect yourself, treat yourself as you would treat others.

15. Life is about taking risks and being bold. So go for it and live with no regrets.

The Height Of Confidence?

1. Believe in yourself - know your worth and embrace your strengths.

2. Focus on your successes - acknowledge and celebrate your achievements.

3. Learn from your failures - see them as opportunities to grow and improve.

4. Set achievable goals - and work hard to accomplish them.

5. Step outside your comfort zone - challenge yourself to try new things.

6. Practice self-care - prioritize your physical and mental wellbeing.

7. Surround yourself with positivity - choose friends and mentors who lift you up.

8. Dress for success - present yourself with confidence and style.

9. Speak with conviction - articulate your thoughts and opinions clearly and confidently.

10. Be decisive - make informed choices and take action with confidence.

11. Stay organized - stay on top of your tasks and responsibilities.

12. Develop a growth mindset - believe that your abilities can improve with effort and practice.

13. Focus on solutions - don't dwell on problems, find ways to overcome them.

14. Give and receive feedback graciously - use constructive criticism to grow and learn.

15. Practice gratitude - appreciate the good in your life and give thanks for it.

How Can I Change My Life And My Bad Habits?

1. Identify the habit you want to change: Whether it's smoking, overeating, or procrastinating, identify the habit you want to change.

2. Set achievable goals: Instead of trying to make drastic changes overnight, set small and achievable goals.

3. Develop a plan: Develop a plan for how you're going to achieve your goals. What steps do you need to take?

4. Visualize your success: Visualize yourself succeeding and achieving your goals.

5. Surround yourself with positivity: Surround yourself with positive influences, whether it's people, books, or quotes.

6. Start your day right: Start your day with positivity by reading a book, listening to music, or meditating.

7. Use positive self-talk: Use positive self-talk to motivate yourself.

8. Find an accountability partner: Find someone who can help keep you accountable for your actions.

9. Reward yourself: When you achieve your goals, reward yourself to motivate yourself further.

10. Remove triggers: Remove triggers that may cause you to engage in your bad habit.

11. Stay busy: Stay busy to keep your mind occupied and away from negative thoughts.

12. Practice mindfulness: Practice mindfulness to become more aware of your thoughts and actions.

13. Learn to cope with stress: Learn healthy ways to cope with stress instead of engaging in your bad habit.

14. Forgive yourself: Forgive yourself for past mistakes and use them as a learning experience.

15. Take it one day at a time: Remember that changing your life and habits is a journey. Take it one day at a time and don't give up.

Unspoken Truths About People

1. We all have insecurities, no matter how confident we may appear on the surface.

2. Most people have a fear of rejection or being disliked by others.

3. Everyone has experienced pain or loss in their life.

4. We all have different levels of self-awareness, but it's important to recognize and work on improving it.

5. Most people want to be understood and heard, even if they don't express it openly.

6. People are not always what they seem on social media or in public settings.

7. Many people struggle with mental health issues, but it's not always visible to others.

8. We all have a need for connection and meaningful relationships.

9. Most people have experienced some form of trauma or adversity in their life.

10. We all have biases and stereotypes that we may not even be aware of.

11. Everyone has unique perspectives and experiences that shape their worldview.

12. People often hide their true feelings or opinions out of fear of judgment or conflict.

13. Many people have dreams and aspirations that they don't share with others.

14. We all have flaws and imperfections, and that's okay.

15. Everyone has the capacity for kindness, but sometimes it takes effort to show it.

The unspoken truths about people can reveal a lot about our shared human experience. Understanding these truths can help us build more empathetic and compassionate connections with others. It's important to recognize that no one is perfect, but by acknowledging our common struggles and experiences, we can create a more understanding and accepting world.

Psychological Fact That Impresses the Most

1. Cultivate a positive mindset by focusing on what's good in your life.

2. Surround yourself with people who uplift and inspire you.

3. Challenge negative thoughts and replace them with positive affirmations.

4. Practice visualization to manifest your goals and dreams.

5. Learn to meditate to quiet your mind and reduce stress.

6. Use creative visualization to visualize yourself achieving your goals.

7. Keep a gratitude journal to focus on the good in your life.

8. Use affirmations to reframe negative thoughts and beliefs.

9. Develop a mindfulness practice to stay present in the moment.

10. Learn to forgive yourself and others to release negative emotions.

11. Use positive self-talk to boost your confidence and self-esteem.

12. Practice empathy to better understand and connect with others.

13. Create a vision board to manifest your goals and dreams.

14. Stay motivated and inspired by reading books and listening to podcasts.

15. Practice self-care to take care of your physical and emotional well-being.

When we understand and harness the power of our minds, we can achieve incredible things. It's truly awe-inspiring to think about what we're capable of when we set our minds to it. So, let's cultivate a positive mindset and use our thoughts and beliefs to create the reality we desire. The sky's the limit!

The Most Interesting Facts About Human Behavior

1. Humans are social animals, meaning we thrive in community and rely heavily on social interaction for our well-being.

2. Our behavior is shaped by a combination of genetics and environmental factors, meaning that nature and nurture both play a role in who we are and how we behave.

3. Emotions play a critical role in human behavior, affecting everything from decision-making to motivation to relationships.

4. Our brain chemistry and neural pathways have a significant impact on our behavior, particularly when it

comes to addiction, impulsivity, and mental health disorders.

5. We are wired to seek out pleasure and avoid pain, meaning that much of our behavior is driven by the desire to feel good and avoid negative experiences.

6. The power of peer pressure cannot be underestimated, as we are strongly influenced by the opinions and actions of those around us.

7. Human behavior is also shaped by our beliefs, values, and cultural background, which can vary widely from person to person and society to society.

8. We are motivated by both intrinsic and extrinsic rewards, meaning that we may be driven by personal satisfaction and a sense of accomplishment, as well as external rewards such as money and recognition.

9. Our behavior is heavily influenced by our past experiences and memories, which can shape our perceptions and actions for years to come.

10. Our body language and nonverbal cues play a significant role in communication, with much of what we convey being transmitted through our posture, facial expressions, and gestures.

11. Humans are naturally curious, seeking out new experiences and knowledge to satisfy our need for novelty and growth.

12. We are often swayed by the power of suggestion, with our behavior and decisions being influenced by subtle cues and prompts in our environment.

13. Our behavior can be both rational and irrational, with factors such as bias, emotions, and cognitive errors often leading us astray.

14. The desire for control is a fundamental aspect of human behavior, with many of us seeking to exert control over our environment and those around us.

15. Our behavior is often influenced by the roles we play in society, such as parent, student, employee, and friend, with each role bringing its own set of expectations and behaviors.

Some Life Promoting Tips In Corrupt Times

1. Always take time for yourself and do something that you enjoy every day.

2. Don’t be afraid to try new things, even if it makes you feel uncomfortable at first.

3. Respect yourself and your decisions, as well as those of others.

4. Make sure to stay focused on the things that matter most to you.

5. Remember to always look out for the good in any situation, no matter how difficult it may seem.

6. Practice self-care and be mindful of how you take care of your body, mind and soul each day.

7. Learn from your mistakes, but don't dwell on them for too long – use them as a lesson for the future instead.

8. Surround yourself with positive people who will help lift you up and make you feel supported in whatever goals or ambitions you have in life.

9. Prioritize your health by getting enough sleep, exercising regularly and eating nutritious meals throughout the day.

10. Believe in yourself – believe that anything is possible if you put in enough hard work and dedication into it!

Things Should We Do Every Day To Become Smarter

1. Read books, articles, or blogs to stay informed and open yourself up to new ideas.

2. Practice mindfulness and meditation Regular mindfulness and meditation practice helps reduce stress, improve mental clarity and focus, and make smarter decisions.

3. Exercise Exercise helps increase mental agility, enhances brain health, and improves mood.

4. Question everything Don't take things for granted and always seek out answers.

5. Stay curious Don't let yourself become complacent or jaded; keep questioning, learning, and exploring.

6. Challenge yourself Push yourself outside your comfort zone and work to find new ways of doing things.

7. Take risks Step outside of your comfort zone and try something new; it's a great way to gain experience and insight.

8. Socialize Building relationships helps build new connections and perspectives.

9. Network Reach out to those around you and build meaningful relationships that can help you achieve your goals.

10. Monitor progress Set measurable goals and review them regularly to assess your progress and successes.

Interesting Psychological Facts

- Tears contain a natural pain killer which reduces pain and improves your mood.
- Your brain gives less importance to long-term deadlines.
- Information that is easier to access is harder to remember.
- The starting and the ending are easier to recall than the middle ones.

- The cells in your body react to everything your mind says. It's literally not healthy for you to have negative thoughts.
- The structure of your brain changes every time you learn something new.

Facts About The Human Brain

- Your brain's storage capacity is virtually unlimited.
- The human brain contains 80-100 billion neurons.
- More than 100,000 chemical reactions take place in the brain every second.
- The human brain is the only object of any kind that can contemplate itself.
- The human brain weighs approximately about 1.4 kilograms (3 pounds).
- The human brain can generate about 23 watts of power (enough to power a lightbulb).
- Sixty percent of the human brain is made of fat. That make it the fattiest organ in the human body.
- The brain uses 20 percent of the body's total oxygen and energy.
- The brain doesn't have pain receptors, so it can't feel exterior pain.
- The average brain is believed to generate up to 50,000 thoughts per day.

- Your brain has an autopilot setting allows us to perform common tasks like driving without actively thinking about them.
- Your brain never sleeps while you're asleep, your brain is busy performing maintenance.
- When a person dies, they have 7 minutes of brain activity left.

Mind-Blowing Facts About Social Psychology

1. A mere 60 milliseconds of eye contact is enough to establish a connection between two people.

2. Our emotions can have an impact on our memory and recall.

3. The act of smiling/crying can actually improve mood, even if it’s done unconsciously.

4. We tend to conform to group pressure, even when it’s not in our own interests.

5. People prefer to conform to people with similar interests or characteristics.

6. You can make someone trust you more by touching them in a warm, caring way.

7. Human behavior is heavily influenced by social cues.

8. We make decisions differently in a group than we do alone.

9. Body language can communicate more than words.

10. Social expectations can alter our behavior.

11. The presence of someone else can reduce our stress.

12. Mirroring another person's body language can lead to rapport.

13. The more similarities a person perceives, the more they like each other.

14. Group behavior can cause people to behave differently than they normally would.

15. The "group think" phenomenon can cause individuals to be less critical when making decisions.

Some Of The Best Life Tips You Would Give To Others

1. Maintain a balanced lifestyle: Too much of anything, whether work, play, food, or sleep, is never good for your well-being. So, strike a balance in every area of your life. This promotes overall health, prevents burnout, and increases productivity.

2. Never stop learning: Keep yourself open to new experiences, skills, or knowledge, regardless of your age or occupation. Lifelong learning enriches you as a person and makes you adaptable to the changing world around you.

3. Value relationships: The significance of human relationships often surpasses materialistic possessions in bringing happiness. Prioritize your loved ones, nurture your relationships, and understand the importance of giving and receiving emotional support.

4. Save and invest wisely: It's crucial to understand the value of money. Saving money for future emergencies or planned expenses and investing it wisely to make it grow are significant habits for financial stability.

5. Take care of your health: Physical health is as important as mental health. Regular exercise, a balanced diet, routine check-ups, and sufficient rest are key to maintaining good health. It's equally crucial to pay attention to mental well-being, seeking help when needed, and practicing stress-reducing activities like meditation or hobbies.

6. Practice gratitude: Appreciate what you have instead of yearning for what you don't. This helps maintain a positive outlook on life. Cultivating a habit of acknowledging and expressing gratitude for your blessings improves emotional wellness.

7. Stand up for what's right: Even if you're standing alone, stand for what you believe is right. Integrity, honesty, and

strong moral principles are essentials of character-building and create a sense of self-worth and respect among others.

Dark Lessons That Life Shows

1. Nothing is Permanent: This dark but important lesson comes to everyone at some point. Whether it's about people, emotions, or material things, nothing in this world is permanent.

2. Everyone will not stay forever: Even the closest people to us will not always stay in our lives forever. They might part ways due to conflict, distance, or death.

3. Trust must be earned: Not everyone you meet should be trusted blindly. Trust has to be earned, and some people are not worth the trust you put in them.

4. Everyone is self-interested: In the end, most people look out for themselves. Even those who seem altruistic may have motives you cannot see.

5. Hard work doesn't always pay off: You can work your hardest and give it your all, but success is not always guaranteed. There are external factors beyond your control that can affect the result.

6. Life is not fair: Life does not deal everyone the same hand, and what might be fair to you might not be to someone else.

7. Love doesn't always win: Just because you love someone deeply does not guarantee that they will love you back or that your relationship will work.

8. Loneliness is part of life: Everyone, no matter how popular, experiences loneliness at some point.

9. Suffering is inevitable: Suffering is a part of life, whether it be physical, mental or emotional. It's how you respond to suffering that makes you who you are.

10. No one is perfect: People make mistakes, hurt others, and make poor decisions. No one, no matter how they appear, is perfect.

11. We are all mortal: Everyone dies. Death is a certainty that no one can escape, regardless of status, wealth or power.

12. Sometimes, there are no second chances: Certain actions and decisions can't be taken back. This reality reminds us to think twice before making important decisions.

13. Not everyone will like you: No matter how kind, attractive, or successful you are, there will always be people who do not like you for reasons beyond your control.

14. Failure is a part of success: Failure can hurt, and it can also teach valuable lessons. If you can learn from your failures, they can lead to success.

15. You can't please everyone: You will never be able to satisfy everyone's expectations or desires. The important thing is to be true to yourself.

Some Red Flags To Look For Early In A Relationship

1. Lack of Communication: If your partner isn't interested in hearing your thoughts and opinions, or seems to dismiss them without giving them much consideration, this could be a warning sign.

2. Dishonesty: Be wary of partners who tell lies or omit important information, especially when it comes to topics like their past or their personal beliefs.

3. Controlling Behavior: Partners who try to control every aspect of your life, from what you wear to who you hang out with, may be showing signs of possessiveness or jealousy.

4. Lack of Trust: Relationships without trust can quickly become toxic. Pay attention to your partner's actions and whether they consistently follow through on their promises.

5. Criticism: Constructive criticism is one thing, but constant negative feedback or putting you down can be emotionally damaging and erode your self-esteem.

6. Secretive Behavior: If your partner is overly secretive about their phone or computer, or refuses to share information about their plans, it's worth investigating further.

7. Different Goals: Having different long-term goals and aspirations is not necessarily a red flag, but if they're too different it can cause conflict and ultimately lead to a breakup.

8. Abuse: Any form of physical, verbal, or emotional abuse is a serious warning sign and should never be ignored. Get help if you are in an abusive relationship.

By staying alert for these early red flags, you can protect yourself and make sure that your relationship has a strong foundation for a healthy and happy future.

Why are some people always single?

1. Fear of rejection

Many people who are always single may have a deep-rooted fear of rejection. This can prevent them from taking chances, approaching potential partners, and being open to new relationships. Overcoming this fear can take time, but taking small steps towards being more confident can make a big difference.

2. Unrealistic expectations

Some people have incredibly high standards for potential partners, and they may find it difficult to find someone who meets their expectations. While it’s good to know what you want in a relationship, it’s important to be realistic and open to the possibilities that come your way.

3. Lack of effort

Being single can be comfortable, but it can also be a result of not putting in the effort to find a partner. Going out and meeting new people, trying online dating, and putting yourself out there are all great ways to increase your chances of finding someone.

4. Focusing too much on work or hobbies

While it's important to have a fulfilling career or hobbies, sometimes people can get too caught up in these things, and neglect their social life. It's important to find a balance between work, hobbies, and socializing in order to have a fulfilling life.

5. Emotional baggage

Past relationships can leave emotional scars, and some people may find it difficult to move on from these experiences. Working through emotional baggage and finding closure can be important steps towards opening yourself up to new relationships.

6. Lack of communication skills

Effective communication is a crucial part of any successful relationship. If someone has poor communication skills, it can be difficult for them to build and maintain healthy relationships.

7. Lack of self-awareness

Understanding your own wants, needs, and flaws is an important part of being able to have a successful relationship. Without this self-awareness, it can be difficult to understand why past relationships have failed and what changes you need to make in order to find a healthy, happy relationship.

8. Timing

Sometimes, being single has nothing to do with the person themselves, but rather with the timing of their life. Whether it's due to career goals, personal growth, or other factors, sometimes people simply aren't ready for a relationship, and that's okay.

Raising Power and Releasing it for Magical work

The Cone of Power is one of the methods of working magic, and refers to a technique for focusing energy within a magickal circle. The circle acts as both lens and container for the energy of an individual or group, creating a "cone" shape before being released for particular purpose. It doesn't matter how this power is achieved, using bodily movement, breathing, chanting, sex, or a mixture of them all, along with sigils as well, just as long as the Cone of Power is achieved and powerfully is it made to be!

The question is why a cone? The cone is the shape of energy perceived by those sensitive to the energy currents. The energy forms as a circle at the base around you and merges into a point above you. The basic energy

is that of the human body, increased tremendously and extremely powerfully and then suddenly released and channeled in accordance with Will. You're raising your bodily emotional energetic power and then suddenly directing it at will. Magick is intentional emotional out-bursting.

The release is the trickiest part of raising the cone, requiring a sense of timing and an awareness of the level of energies. The "drop" or release is called when the energy peaks, and before it falls back. Remember that energy follows the principle of rhythm and it rises and falls. You cannot release your energy at any time most effectively. The energy must be built up to a certain intensity. In the magickal ritual, you are consciously manipulating the energy and knowing its intensities in the moment. It is like martial arts. You manipulate it to a point to release it.

Bitter Truths About Smart People

1. Smart people often struggle with isolation. They possess minds that work differently from others, which can make them feel disconnected and misunderstood.

2. Their intelligence can breed self-doubt. Smart individuals constantly question themselves, overanalyze situations, and sometimes fall victim to imposter syndrome.

3. They find it difficult to accept failure. With high expectations, smart people are more likely to fear failure

and beat themselves up when they don't meet their own sky-high standards.

4. Their minds never seem to switch off. Smart individuals tend to overthink even the simplest of matters, leading to restlessness and insomnia.

5. Smart people often lack social skills. While they excel intellectually, they may struggle in social settings due to their intense focus on knowledge and limited experience with interpersonal interactions.

6. They can become easily frustrated with ignorance. Smart individuals are quick to spot logical fallacies or incorrect information, which can lead to impatience and frustration in discussions with less intellectually inclined individuals.

7. They have difficulty relating to the average person's perspective. Smart individuals tend to analyze situations from a logical standpoint, making it hard for them to fully understand or empathize with the emotional or irrational reasoning of others.

8. They may experience imbalances in work-life integration. Smart people can become consumed by their work, sacrificing personal relationships and their overall well-being in pursuit of intellectual endeavors.

9. Smart people can be overly critical, including of themselves. Their acute attention to detail and high standards often lead them to judge both themselves and others harshly, resulting in strained relationships.

10. They often struggle with decision-making. The ability to see multiple perspectives and potential outcomes can make smart individuals indecisive and prone to overthinking.

11. Smart people are susceptible to mental health issues. Their heightened sensitivity, constant questioning, and feeling of being an outsider can contribute to anxiety, depression, or other psychological challenges.

12. They face the burden of intellectual responsibility. Smart individuals often carry the weight of solving complex problems and finding innovative solutions, which can lead to overwhelming pressure and burnout.

13. They may lack a sense of fulfillment. Constantly seeking intellectual stimulation, smart people can find it challenging to feel content or satisfied in a world that often prioritizes superficial pursuits.

14. They struggle with being wrong. Smart individuals take pride in their intelligence, and admitting they are mistaken can be difficult, leading to defensive behavior and resistance to feedback.

15. Despite all these challenges, smart people can often feel isolated due to the scarcity of individuals who truly understand and appreciate their unique qualities, making it even harder to navigate their own complex worlds.

Powerful Hacks To Stop The Drama In Your Life

Emotional Detox: Distance yourself from drama by detoxing negative emotions. Focus on positive thoughts and reactions.

Effective Communication: Clearly express your boundaries and expectations to prevent misunderstandings.

Mindful Responding: Pause before reacting impulsively. Responding mindfully minimizes drama escalation.

Selective Engagement: Choose battles wisely. Not each situation requires your involvement.

Conflict Resolution Skills: Learn effective battle resolution techniques to cope with issues calmly.

Set Clear Boundaries: Clearly outline personal boundaries to avoid useless conflicts.

Prioritize Self-Care: Ensure mental and emotional well-being thru self-care practices.

Avoid Gossip: Refrain from taking part in gossip or spreading rumors.

Positive Influences: Surround yourself with positive influences and supportive relationships.

Focus on Solutions: Shift the point of interest from problems to solutions for a drama-free mindset.

Some Mind-Blowing Thoughts

1. Believe that anything is possible; no goal is too lofty.

2. Reframe negative thoughts into positives and never be afraid to take risks.

3. Accept and learn from failures; mistakes are a part of the journey to success.

4. Embrace creativity, be open to different perspectives, and think outside of the box.

5. Never give up on yourself; you have limitless potential within you.

6. Visualize your goals and trust in the process of getting there step by step.

7. Follow your heart's desires and create the life you want for yourself regardless of external opinion or circumstances.

8. Remain flexible in order to explore new ideas, solutions, and strategies.

9. Recognize your uniqueness and celebrate it as an asset in all areas of your life.

10. Trust yourself and make decisions that are aligned with your personal values.

smallest lesson that life teaches

1. Believe in yourself and trust your own decisions.

2. Don't take things too personally - there are always different perspectives.

3. Forgive those who have wronged you, as it will free up more energy for positivity in your life.

4. Be kind to yourself and treat yourself with compassion.

5. Life is short - make sure you enjoy every moment that comes your way!

6. Focus on the positives in any situation instead of dwelling on the negatives.

7. Take time for yourself - self-care is important for a healthy mind and body.

8. Listen to what other people have to say, even if you don't agree with them initially.

9. Don't let fear stop you from pursuing what you really want in life.

10. Surround yourself with people who lift you up and make you happy!

Psychological Tricks And Hacks Are Useful To Know

1. Try to maintain a positive attitude as much as possible, it will make you more productive and better equipped to handle challenges.

2. Challenge yourself by setting realistic goals that stretch your capabilities and inspire you to work harder.

3. Take regular breaks throughout the day to give yourself time to relax and recharge.

4. Surround yourself with positive people who support you and help you achieve your goals.

5. Visualize success in your mind's eye – see yourself completing the task or achieving the goal in a clear, focused way and visualize this outcome happening with ease and enthusiasm.

6. Break down tasks into small manageable steps to help avoid feeling overwhelmed or discouraged by large projects or goals.

7. Create positive self-talk statements that motivate and remind you of your goals, abilities, and purpose throughout the day.

8. Minimize multitasking and focus on completing one task at a time for greater clarity and productivity in your work or personal life endeavors.

9. Reassess strategies that have not worked for you in the past, rather than feeling like a failure try again with a different approach if necessary for success in any situation.

10 Finally remember, patience is key! Allow yourself adequate time to grow and accomplish objectives in life without putting too much pressure on yourself to succeed quickly.

Something About Human Psychology

1. A person’s attitude towards life is influenced by the environments in which they grow up.

2. Your thoughts are shaped by your upbringing, culture and societal expectations.

3. Humans have a tendency to try and simplify complex situations into simple concepts.

4. Our mind's capacity for self-awareness is both a strength and weakness when it comes to problem solving.

5. We are often irrational when making decisions, but this doesn't mean we're illogical creatures.

6. Nonverbal communication accounts for over 70% of how we communicate with each other.

7. Self-perception is formed through interactions with our environment, including family, peers and media messages.

8. Everyone has implicit biases that influence their beliefs and behaviours, regardless of how aware they are of them or not.

9. Fear can be a powerful motivator as well as an inhibitor of personal growth depending on how it's managed and directed.

10. Emotions play a significant role in decision making processes, more than many people realize or acknowledge.

10 things have you stopped doing in your life

1. I stopped comparing myself to others

2. I stopped holding grudges

3. I stopped allowing others to take advantage of my time

4. I stopped spending too much money on items I don't need

5. I stopped over-committing myself

6. I stopped avoiding hard conversations

7. I stopped allowing people to control my happiness

8. I stopped letting my phone be a distraction

9. I stopped taking criticism personally

10. I stopped giving up when times get tough

Best Life Hacks For Busy People

1. Create a to do list every morning Writing out a to-do list can help prioritize tasks and keep your schedule organized.

2. Exercise in the morning Exercising in the morning will boost your energy levels and help get you energized for the day ahead.

3. Get enough sleep Aim for at least 7-8 hours of sleep each night so you have more energy throughout the day.

4. Meal prep on Sundays - Prepping meals ahead of time will save time and energy during the week when you are short on time.

5. Say "No" more often - Prioritizing what tasks and events you can do will free up time to focus on important tasks or activities that bring joy to your life.

Psychological Facts That Everyone Should Know

1. Learning from failure is key to personal growth and development.

2. Mindfulness can help you reduce stress, increase awareness, and become more focused.

3. Emotions are a crucial part of our decision-making process.

4. Creating meaningful connections with other people is essential for emotional health and well-being.

5. Self-confidence comes from believing in yourself and your abilities.

6. The power of positive thinking can help improve performance and boost happiness levels.

7. Empathy helps us understand the feelings of others and create stronger relationships with them.

8. There are powerful links between physical activity, good nutrition, and mental health.

Truths Of Life One Should Know

1. It's very manipulative that our **angry side** is always seen as our **"true colours"**, as if when we are happy and being kind, we're being fake.

2. Be careful with your words. You never know how many times it keeps repeating in someone's mind.
3. What makes people ugly, is their negativity, jealousy & their need to bring others down to make themselves feel better.
4. Normalize using words like colleague, classmate, old school mate, neighbour, etc because not everyone is your **friend**.
5. People look so different once you don't care about them anymore. You begin to notice how "**ordinary"** they are.
6. The ugliest thing you can do is bringing up someone's past, when they've changed.
7. How you're treated is more important than how much you like someone.
8. The biggest communication problem is that we don't listen **to understand**. We listen to **reply** and **react.**
9. **Always leave people better than you found them**.

Something That You Want Others to Understand

1. Be your own support system. Clap for yourself. **Celebrate yourself**. Do it for **yourself!!**
2. No matter how good you are, people will always judge you according to their mood and **needs.**
3. Set limits. Not everyone deserves your vibe.

4. One of the most toxic things that you can do is **ignoring the bad** in someone, because you **want to keep them in your life**.
5. Be ready to lose anyone at any time, because **forever doesn't exist.**
6. **Life is nothing but earning people and losing them at different stages.**
7. If the **boundary is right for you**, the other person doesn't have to be happy about it. It doesn't need external permission to set. Internal permission is enough.
8. Check yourself. Sometimes you're the toxic person. Understand that you make mistakes. You hurt people. **Apologize. That's growth**, understanding that there're things that you need to work on, instead of faking perfection.
9. Anytime that you find yourself giving more energy than you receive, step back.
10. Mature enough to wish the best for people who no longer talk with you. Because after all their achievements or failures **do nothing for you personally**.

The Best Life Advice You Would Give

1. **Be okay with being misunderstood**. You are not here to convince other people to see you differently.
2. It doesn't matter whether you need them or not. **Just treat people right.**
3. The most important skill in life is knowing when to keep or cut people out of your life.

4. Mental health is a priority over any friendship or relationship.
5. Hating and wishing harm on someone is like a boomerang. **What you put out will come back to you.**
6. Don't share your weaknesses with anyone. Because you never know who is going to use it **against you.**
7. Not all people are supposed to be loyal to you.
8. If you have a chance to make people happy, just do it. Sometimes people are **struggling silently**.

Learn Today About Life

01. You can be judged for not being too good or not doing what others do. When you don't move like everyone else, it bothers people.

02. People are **who they are,** and there's no any other way to look at them.

03. Educate yourself. Address your recurring toxic thoughts, deal with your insecurities and learn to be happy on your own.

04. Distance yourself from people that bring out **the person you're not trying to be anymore.**

05. Never apologize to others
for **their** misunderstanding of who you are.

06. Friendships are supposed to be **positive and joyful.** Not arguing 24/7 and bad vibes.

07. You cannot change things **by loving them harder.**

08. **Strong people break too.** They just do it quietly and **bounce back stronger**.

Top Rules Of Life

1. I don't encourage false positivity. Be sad when you are sad. Cry if you must. Be angry if you are. Let it out. Then let it go. Honor your emotions, but always choose to **dwell on the positive ones.**

2. No one is allowed to talk to you badly or be disrespectful and think that is okay. You deserve respect and kindness. If that's how people choose to act, that's fine, but they can keep that negativity far, far away from your peaceful soul.

3. Pay attention to things you are **naturally down to**. They are often connected towards your pain, passion & purpose.

3. Avoid people who trigger you at all costs. Do this to keep your peace !

4. Life will become more simple, when you mind your own business.

5. Never feel guilty for choosing yourself first.

6. As you get older you can energetically feel the difference between people who love you and those who care at the own convenience.

7. **Don't take anything personally.** Nothing others do is because of you. When you are used to the opinions and actions of others, you won't be the victim of needless suffering.

8. Be selective about people you hang out with. Not being selective and letting whoever or allowing yourself to be in toxic environments is not good for your health.

Truth You Should Consider

01.Everyone you meet is fighting a battle you know nothing about. **Be kind always.**

02. Places aren't home. **People are.** Tables and chairs are nothing.

03. Not everything has to make sense. Let it go. Choose peace.

04. Everything you love, keep it private!!

05. Even when you trust someone, keep some things to yourself.

06. You can listen to and respect someone's point of view, **without absorbing it.**

07. Start pointing out **what you love about yourself**, rather than what you hate.

08. Give yourself enough respect to walk away from anyone who doesn't see your worth.

09. You can't force something to be **more than what it should**. Sometimes the people we love, can't comprehend what we feel.

Life Lesson You Have Ever Learned

1. We've spent so many years in school, yet no one has ever taught us how to love ourselves.

2. The relationship you have with yourself has an impact on all of your relationships.

3. When a version of yourself is terminated, the connections that were established with it are terminated as well.

4. People will be envious of your brightness, but they will not be envious of the darkness you had to endure to get there.

5. Do not let your bad days to lead you to believe that your life is in horrible shape.

Ways To Give Respect To Yourself

1. Stop begging, especially in love.

2. Be an independent person.
3. Be hungry for self-improvement.
4. Enjoy hard work.
5. Be humble.
6. Spread kindness to everyone.
7. Be up for challenges.
8. Sharing knowledge.
9. Never ever give up until your turn comes.
10. Sharing knowledge helps others learn.

Habits In The Night Everyone Should Follow

1. Set a regular sleep schedule: Aim for consistent sleep and wake times to regulate your body's internal clock.

2. Wind down before bed: Establish a relaxing bedtime routine to signal your body it's time to sleep.

3. Limit screen time: Avoid screens (phones, computers, TVs) at least an hour before bed to promote better sleep quality.

4. Create a comfortable sleep environment: Ensure your bedroom is conducive to sleep—dark, quiet, and at a comfortable temperature.

5. Avoid heavy meals and caffeine: Refrain from large meals and stimulants like caffeine close to bedtime.

6. Practice relaxation techniques: Engage in activities like reading, meditation, or deep breathing to relax your mind.

7. Hydrate appropriately: Stay hydrated, but balance it to avoid frequent waking for bathroom trips.

8. Prepare for the next day: Set out clothes or prepare items needed for the morning to reduce stress and save time.

9. Reflect or journal: Spend a few minutes reflecting on your day or jotting down thoughts to clear your mind.

10. Practice gratitude: Consider things you're grateful for to promote positive thinking before sleep.

11. Use aromatherapy or soothing sounds: Incorporate calming scents or soothing sounds to aid relaxation and sleep.

Adopting these habits can contribute to a more restful night's sleep and overall well-being. Adjust and personalize them to suit your lifestyle and preferences.

Most Awesome Psychological Facts

1. It takes only four positive experiences to counter one negative experience.

2. Smiling releases endorphins, which are the body’s natural painkillers and mood boosters.

3. Being around plants and nature can improve your mental health and reduce stress.

4. Our brains are wired to make decisions based on emotion, not logic.

5. Exercise helps boost self-esteem and increases dopamine levels in the brain.

6. Focusing on the present moment can increase happiness levels.

7. Social relationships are important for psychological well-being and even for physical health.

Some Interesting Psychology Facts

1. A person's favorite song is usually associated with an emotional event in their life.
2. Smiling, even if forced, can actually improve your mood and reduce stress.
3. People who frequently read fiction tend to have more empathy and social skills than those who don't.
4. When we fall in love, the same areas of the brain are activated as when we use cocaine.
5. People tend to overestimate how much others pay attention to them, a phenomenon known as the spotlight effect.
6. The scent of vanilla has been shown to reduce anxiety and promote relaxation.
7. The fear of missing out, or FOMO, can lead to anxiety and depression.
8. People are more likely to remember information if it is presented in a story format rather than as a list of facts.

9. The color red can increase heart rate and blood pressure, which is why it is often used in advertising.
10. The brain can only concentrate on one thing at a time, despite the illusion of multitasking.

Interesting Facts About Social Psychology

Our behavior influenced by other people. Here are some things that effect our behavior in social settings

- **Conformity**: we change our behavior or thinking to the group's norm. (we dress in a certain way because we want to fit with our social group.)
- **Obedience**: we obey the directions of an authority figure. (we obey our parents and teachers. Law etc.)
- **Social facilitation**: we do better in performance while someone is watching. (players may score more goals or make riskier moves with an audience cheering them on.)
- **Social loafing**: we put forth less effort while in a group as compared to when we work alone. (you may think that other members in the group will take care of it.)
- **Deindividuation**: we lose our individual identity and will gain identity of the group. (army, Religious settings, sports games, political events)

- **Group polarization**: Our decisions and opinions in a group setting become more extreme than our actual, privately held beliefs. (its most damaging effects in large-scale inter-group, public policy, and international conflicts.)

Life's Unexpected Wisdom: 8 Lessons

1. To heal a wound, you need to stop touching it. So, forget your past and move on.
2. The person who died today had plans for tomorrow, take advantage of every second.
3. Treat yourself like someone you love.
4. Everything is for a reason don't stress, you will get what you deserve.
5. Your life really isn't yours if you care what others think.
6. If it makes you happy it doesn't have to make sense to others.
7. Your past doesn’t define your future.
8. If they wanted to be in your life they would have done everything to stay, there.

Mind-Blowing Facts About Food

1.**Potatoes can be used to remove rust.** Simply cut it in half, add salt to the surface and there you go. Rub it against any corroded objects.

2.**Vinegar, Ketchup, lemon juice, can also remove rust.** Basically any food with oxalic acid/citric acid will do. Save yourself some money from buying rust removers.

3. **Lemon juice can be used to remove highlighter strains.** Get some juice on a piece of cotton, rub it on the highlighted text and the color will fade.

4. **Your average apple is a year old.** Most apples are picked slightly unripe, treated with chemicals and stored in warehouses for 9–12 months.

5. **Banana candies are what bananas used to taste like.** Ever wondered why banana candies taste nothing like bananas? That's because it was based off the Gros Michel banana, which was completely wiped out by the Panama disease (fungus), after that we are left with our replacement bananas.

6. **Red bell peppers are simply ripen green bell peppers.** Yellow or orange bell peppers are also different stages of the bell pepper. They are the same fruit.

7. **Popsicles are invented by an 11-year-old.** He invented the popsicle by accident when a drink he made was frozen with the stir stick stucked between.

8. **Almond allergens can be transferred through sex.** If you have an almond allergy, and your partner have just eaten almonds, don't have sex.

9. **You can make diamonds with peanut butter.** Peanut butter is a carbon-rich material, imerge it

through enough pressure and it becomes diamonds. I wonder where diamond shops get their diamonds from…

10. **The original Coca-Cola contains cocaine.** The name basically comes from it's two main ingredients, Coca leaf and Kola nuts. Coca leaf contains cocaine.

11. **Fruit stickers are edible.** So is the glue used to glue it. But unless you like eating stickers I'll advice you to peel it off.

12. **Bananas, cucumbers and kiwis are berries,** while strawberries, blackberries, raspberries not berries but aggregate fruit.

12 Brutal Truths That Will Crack Your Code of Happiness

1. Never tell people 100%, tell them 70% about yourself, and 30% should be hidden.
2. Anyone you love can die. Any time. Cherish them.
3. Fairness is unnatural. Nothing is 100% fair.
4. Live life the way you want to live it. Because even people who care for you can't be with you every step of the way.
5. People only want to hear the good, not the bad. So if you have issues, it'll be hard to find people to confide in.

6. Respect yourself, because people can see if you don't.
7. Everyone has a mask and they play different ones to different people. Lovers, families, coworkers…you'll be surprised how different people can be in different social contexts.
8. Some people are evil for the sake of it. IT IS NOT YOUR FAULT IF YOU END UP IN A RELATIONSHIP WITH THAT PERSON. GET OUT OF IT.
9. It doesn't matter how good your grades are, because grades aren't everything and people pay more attention to your social skills. Grades only take you halfway.
10. Once you hurt someone, they're not likely to forget. They will *always* remember how much you've hurt them. One negligible action can have devastating consequences.
11. Appearances *DO* matter. We live in a condemnatory, judgmental world. Your family, friends, coworkers, bosses will judge you for your actions to some extent which brings me to make this conclusion.
12. It is impossible to please everyone. There will ALWAYS be someone who disagrees with you, and frankly, you're not living life if you don't have

enemies. Better be someone with your own thoughts and opinions than a people pleaser.

Some Deep Things Life Teaches

1. You don’t become an old person being a fool. One bad decision & you’re gone.
2. That age is no determiner of when you die. An Accident & or Sickness.
3. That there is a God (whatever you call him) He is real. not made up!
4. God absolutely answers out prayers. “Even when if it seems totally impossible.”
5. There is “No Death” only life after life.
6. The Golden Rule is real. Treat others as you would like to be treated. No exceptions.

These are 06 repeated signs of brave men!

1. They don't accept disrespect just because of her beauty.
2. They don't waste time feeling sorry for themselves.
3. They don't hesitate to take risks.
4. They don't try to please everyone.
5. They don't blame other people for their problems.
6. They don't let anyone or any situation knock their confidence.

7. They don't fear loneliness

Unknown Facts About Psychology

1. When someone gets upset over small matters, that person is in love.
2. November sees double the number of serial killers compared to other months.
3. Those who offer the finest guidance often have the most issues.
4. To resolve an argument swiftly, act as if your opponent is winning.
5. The thing that people remember the most about you is your charisma.
6. Psychopaths lose their emotional and physical dependence on others once self-sufficient.

Most Interesting Psychological Facts

1. The more intelligent you are, the harder it is to find a suitable partner.
2. Girls are drawn to boys who initiate conversations.
3. Avoid gossiping about others unless you're speaking positively.
4. Sometimes, someone's indifference reveals their concealed concern.
5. The thing that people remember the most about you is your charisma.
6. Being happier reduces your need for sleep, while sadness can increase it.

Psychological Facts That Everyone Should Know

1. The pitch of a woman's voice subtly rises when she flirts.
2. Long hair adds to a woman's charm, yet it can impact her intellect.
3. Women born to older fathers tend to favor older men.
4. Self-made millionaires are somewhat happier than those who inherited riches.
5. The thing that people remember the most about you are your charisma.
6. Your music choice influences your worldview, so choose your playlist wisely.

Psychological Tricks And Hacks

1. People perceive individuals with better posture as more important and self-assured.
2. If they don't fully answer your question, wait silently with eye contact; they'll often continue talking.
3. To detect if someone is lying, observe if they frequently shift their gaze to the left while conversing with you or avoid making eye contact.
4. Avoid pushing customers to buy. Boost their confidence. Make their experience happy. It helps sell more.

5. The thing that people remember the most about you is your charisma.
6. If you briefly pause before replying to someone's question, you'll naturally appear more confident and attentive.

Unremarkable Psychological Facts

1. Healthy relationships require honesty, trust, respect, and open communication between partners, and they demand effort and compromise from both individuals.
2. Opposites rarely attract. You're more likely to be drawn to someone who looks and thinks similarly to you.
3. Maintaining eye contact can foster a stronger connection and establish trust.
4. Hearing your name being called when no one has actually called it is a sign of a healthy mind.
5. The thing that people remember the most about you is your charisma.
6. When you recall a past event, you remember the most recent time you remembered it.

Some Cool Psychological Hacks

1. Avoid being too available, especially to close ones, except for parents. Excess availability makes you seem less important; they might take you for granted.
2. Instead of dinner and a movie, watch the movie first, then dine. It gives you a dinner conversation starter.

3. Handshakes reveal personality; they can show anxiety even if you hide nerves.
4. Lost wallet? Tough breakup? No recognition for hard work? Lost job? Don't react hastily. Don't expect acknowledgment. Think before acting!
5. The thing that people remember the most about you is your charisma.
6. Test someone's attentiveness. Alter a sentence slightly. If they're attentive, their expression changes or they ask about the change.

What is something you have never done?

1.Never bullied anyone based on their appearance or wealth.

2. "I have had many disagreements with my parents, but I have never spoken ill of them. Instead, I have prayed for them, hoping that I age gracefully for their sake."

3. Never feel ashamed wearing a old clothes.

4. Never wore aesthetic clothing.

5. Never had a night out with friends.

6. Never touched a girl physically without her permission.

7. Never felt jealousy towards anyone.

8. Never played PUBG and never watched Netflix—so funny, right?

9. Never chatted with anyone after 12 am.

10. Never looked at a girl with disrespectful intentions and never disrespected anyone.

11. Never betrayed friends and never formed friendships with those who betray.

12. Never displayed arrogance about anything.

13. Never smoked

Ten Truths Everyone Should Accept In Life

1. Looks matter more ; People don't like those who are ugly ,dull.

2. If you have money, Everyone will be respected you otherwise no one will care about you .

3. Apart from parents, No one else is there for you ; even if your love is very old one day, they will leave, but your parents will be with you all the time .

4. The life on social media seems goods only on social media ; The real world is very different.

5. Not everything can be yours ; So stop being stubborn.

6. Karma is real ; it come back to you in some way, so never do harm to anyone.

7. Learn to live alone ; No one will be with you forever.

8. Life is unexpected ; Anything can happen at any time.

9. If a women earns more man ; she will never like him.

10. Not everyone gets first love ; and those who find it are truly lucky.

Some Things You Can Do To Get Command On Others

1. People are looking to you to determine how they can treat you and what they can get away with. Treat yourself with respect.
2. Do the difficult things, have the hard conversations, be a man of your word, and live in integrity with who you are and what you're saying. Show them your worth.
3. Communicate the expectations verbally or non-verbally. Communicate with the people who you are trying to command respect from what the expectation is.
4. If you don't uphold the expectation, it's not an expectation. If there is an expectation, there's a line you need to keep in place. If you don't, you're not going to get the respect you deserve.
5. Remove from your life those who refuse to respect you. Even If you maintain first four steps there will always be people in your life who will never respect you. It's challenging. It's tough. It's not fun. But you need to ELIMINATE them.

Ways To Develop Mental Strength And Resilience

1. Cultivate a growth mindset. ...
2. Develop emotional regulation skills. ...
3. Set realistic goals. ...
4. Strengthen your support system. ...
5. Practice self-compassion. ...
6. Step out of your comfort zone. ...
7. Develop a daily routine. ...
8. Keep your connections strong.

Most Interesting Facts About Human Behavior

1. The more we hear something, the more we believe it - this is the truth illusion effect.
2. Intelligent individuals tend to underestimate their intelligence. Uninformed people assume they are highly intelligent.
3. People who have unsettling dreams often experience tough times.
4. We tend to embrace our waists in a self-hug position when in company, rather than alone.
5. The thing that people remember the most about you is your charisma.
6. If someone inquires an uncommon question, they likely possess prior knowledge of the answer. Be truthful; it preserves relationships.

Psychological Facts That Are Useful

1. Joyful individuals are likelier to develop love because their joy brings happiness to others.
2. People appear more appealing when they confidently and truthfully communicate.
3. Typically, individuals have more partners than intelligent ones. Intelligence heightens selectivity.
4. Studies reveal that strong relationships matter more for a lengthy life than physical activity.
5. The thing that people remember the most about you is your charisma.
6. Your brain can't discern genuine from feigned confidence, so if you display confidence, your brain begins to accept it.

Psychological Facts About The Relationship

1. When a woman spots a desired man, she flips her hair, enhancing her beauty, often unconsciously.
2. A man becomes doubly attractive when other women are interested in him.
3. When a person gets upset over trivial matters, they might be in love.
4. If someone likes you, they'll text you often, give compliments, and make time for you.
5. Your future relationship relies on several factors, but primarily on you.

Most Amazing Facts You Know About Psychology

1. 80% of individuals would jot down their name if requested to use a fresh pen.
2. Recording pessimistic thoughts and discarding them, like trash, improves your mood.
3. Should a girl fancy you, she'll twirl her hair during conversation?
4. Experiencing neglect triggers a chemical response akin to injury.
5. Recollections of starts and conclusions prove

Some Unethical & Unfair Life Hacks

Some useful unethical hacks.

- If you want to sound sick when calling in to your work, **lie on your back while hanging your head over the edge of the bed.** You will sound congested.
- **Tell the truth 99% of time.** Then when you have the credibility, you can lie and people will believe you.
- I had a couple of friends working in Pizza Hut when I was in Pune. About 30 mins before their stored closed, we would call in an order for store pick up using some fake names and then never show up for the pizza. Most of the times, manager

would let our friend take home the unclaimed pizza so that it wouldn't go to waste. Free Pizza :p
- You can purchase most items using nothing more than a simple **handgun.**

A quote from untouchable movie "you can get further with a kind word and a gun than you can with just a kind word"

- **Cocaine** works better than a nap if you're feeling tired.
- Go to a hotel and tell them you left your phone charger. They will pull out the inevitable faint box chargers. Pick one and get a free charger.
- You can use seat-belt as a bottle opener.
- Banks will hand out free money to anyone who asks while wearing a mask and brandishing a firearm. So, all you want to do is get a mask and a firearm :D. Best part even if it doesn't work out, you will get free meals and live rent free for a while.
- **Want to sell drugs?** It's a self run business where demand is always high, goods are untaxed and completely unregulated and plus it's a cash based. The only competition is murder.
- If you're doing something you shouldn't, **confidence is the key**. You can just walk out of a store holding what you stole and be fine if you know how to act.
- If you need a seat next to window, tell them you gonna puke.

Some Things That Psychologists Know, But Most People Don't

1. The importance of early childhood experiences: Early childhood experiences can shape our development in lasting ways, influencing our personalities, relationships, and mental health throughout our lives.
2. The role of emotions: Emotions play a crucial role in our decision-making, problem-solving, and social interactions. Being able to understand and regulate our emotions is key to mental and emotional well-being.
3. The importance of sleep: Getting enough quality sleep is essential for our mental and physical health. Poor sleep can lead to a range of issues, including depression, anxiety, and impaired cognitive function.
4. The power of gratitude: Cultivating gratitude and expressing it regularly can have a range of positive benefits, including increased happiness, better relationships, and improved physical health.
5. The value of self-compassion: Being kind to ourselves, practicing self-care, and treating ourselves with compassion can help us cope with stress and setbacks, improve our mental health, and increase our resilience.
6. The power of social influence: People are highly influenced by others, often without realizing it. Social norms and conformity can affect our

behavior, thoughts, and feelings in subtle and powerful ways.

What is the most important to mind you?

1. When you are alone, mind your thoughts.

2. When you are with friends, mind your tongue.

3. When you are angry, mind your temper.

4. When you are with a group, mind your behavior.

5. When you are in trouble, mind your emotions.

6. When God starts blessing you, mind your ego.

Most Awesome Paradoxes

Paradox 1: The more you try to make people like you, the less they probably will.

Paradox 2: The more you fail, the more likely you are to succeed.

Paradox 3: The more something scares you, the more you should consider doing it.

Paradox 4: The more you hate a trait in other people, the more likely you are hiding that same trait in yourself.

Paradox 5: The more connected we become in the world, the more isolated we seem to feel.

Unwritten Social Rules Everyone Should Know

20 Unspoken Rules for Men:

1. Never shake a hand sitting down.

2. Protect who is behind you, and respect who is beside you.

3. Never insult the cooking when you are the guest.

4. Never eat the last piece of something you didn't buy.

5. Never make the first offer in a negotiation.

6. Don't take credit for work you didn't do.

7. Take blame, and give credit when due.

8. If you are not invited, don't ask to go.

9. Always aim for the head.

10. Don't beg for a relationship.

11. Dress well no matter what the occasion.

12. Always carry cash.

13. Listen, nod, and most of all make eye contact.

14. Show restraint in expressing anger, no matter what. Being angry is a waste of energy.

15. Weather is dinner, drinks, or both, avoid placing your phone on the dinner table.

16. Never pose with alcohol.

17. Proper grammar will get you far in life. Leave the foul language for the less educated.

18. Ask more than you answer.

19. You can tell a great deal about a person by their handshake, so make your strong and firm.

20. Speak honestly. Say what you mean and mean what you say.

Tips For Boosting Self Esteem

1. Stop comparing yourself to others. This is a very easy thing to do, especially with all the social media outlets. Someone's life is probably not as perfect as they portray on social media.

2. Stop belittling yourself. Ask yourself, would I talk to a loved one or friend this way? We need to stop beating ourselves up and be kinder to ourselves.

3. Use positive self-affirmations to build our self-esteem. Examples are “I believe in me”, “I am not my mistakes”, “positivity is a choice and I choose to be positive”, “I am enough”, “I deserve love, compassion and empathy”.

4. Surround yourself with positive, supportive people. When you are around positive, supportive people, you feel better about yourself and your self-esteem will increase.

5. Dwell on your positive qualities. Make a list and read it often. Most people dwell on their negative qualities, which lowers self-esteem.

6. Give back. Not necessarily in a financial way. When you do things for others, you feel as you have value. For example, smile and say “hi” to someone in the grocery store. You may be the only one that person has talked to on that day.

7. Pay attention to self-care. Get enough sleep, do some physical activity and spend some time outside, do something that you enjoy. Stay away from alcohol and recreational drugs. Good self-care can definitely improve self-esteem.

Psychological Facts That People Don't Know

1. It takes about 66 days for an average individual to make something a daily habit.

2. Eye pupil rises to 45% when an individual looks at somebody they love.

3. Food prepared by someone else tastes much better than your own preparation, even when you use the same recipe.

4. Hearing a single negative thing could damage at least five positive memories.

5. Studies have shown that consuming food without preservatives will increase I.Q by up to 14%.

6. Men aren't more entertaining than women: they only make more jokes; they don't care whether others like their humor or not.

7. Shy people tell others very little about themselves, but they do it in quite a manner that makes other individuals believe they know them better than they actually think they do.

8. People in blue rooms are also much more productive.

9. Being alone is harder for your health than you really believe.

10. Any relationship born between 16 and 28 years of age is more likely to be robust and long-lasting.

11. If we have a plan B, our plan A is less likely to succeed.

12. Being happy around people makes you happier.

13. Convincing yourself that you slept well tricks your brain into believing you did.

14. The sort of music you listen to influences the way you view the world.

15. A hug longer than twenty seconds will produce hormones into your body that makes you trust the individual who is hugging you.

Best Way To Choose Life Partner

1. Laughter: Find someone that not only laughs at your humor and quirks, but doesn't take life to serious. Laughter can solve many worthless arguments.

2. Support: Find someone that has your back 99.999% of the time. They will address issues in private and not in public.

3. Attraction: Looks aren't everything, but initially they get the ball rolling. If you find someone that you find highly attractive and their mind matches that, there's your answer.

4. Communication: Find someone that will hurt you with honesty but not destroy you with betrayal and lies. Find that person that can and will talk about the uncomfortable situations that will come up throughout the relationship.

5. Personality: Find someone that has an open minded, non-judgmental with one similar to yours.

6. Availability: Find someone who is available. Physically, mentally and emotionally. They don't make you "guess" what their intentions are. You don't have to chase or "guess" what is going on.

7. Interested: Find someone who is interested in "your" life, as well as has a life of their own. There's give and take on both sides.

8. Intimacy: Find someone who matches your level of intimacy. Sex isn't most important, but it does play a big role.

9. Constructive Criticism: Find someone that will give you the criticism that will help you achieve a better version of yourself.

10. Acceptance: Find someone who accepts you exactly as you are. They offer support but won't try and change you. What they see is what they get. Don't confuse this with accepting abusive behavior.

11. Awareness: Find someone that is aware enough to know, relationships aren't easy. No one is perfect and there is no "perfect" match. This person will understand everyone, and life in general is a work in progress. It's all about progress not perfection.

12. Hug: Find a person whose hug changes a complete shit show of a day into a ray of sunshine

13. The look: Finally, find that person that looks at you and has a way of melting you. Someone that will look at

you, with no words, but the look says “Don’t worry, I got you.”

Bottom line, there’s no guaranteed way to choose a “life” partner. People change, that’s a fact of life. What two people find attractive at first can lead to what destroys the relationship in the future.

Your best bet is making choices on how you want to spend the rest of your life with “yourself.” And if someone comes along with the same goals and plans as yours, take it slow and see where it goes.

Become A High Quality Man

1. Use time properly.

2. Think of yourself as stronger and better.

3. Listen first and speak later.

4. Don't wait for time.

5. Appreciate others too.

6. Always be positive.

7. Keep yourself calm.

8. Always keep learning.

9. Exercise daily.

10. Take time and build yourself.

Truth You Must Learn Now Or Never

1. Embrace uncertainty; life's changes often bring unexpected growth.

2. Self-discovery is ongoing; understand and accept your evolving identity.

3. Vulnerability fosters connection; allow others to see your authentic self.

4. Mistakes are stepping stones; learn and grow from them rather than dwell.

5. Time is precious; prioritize relationships and experiences over possessions.

6. Compassion starts within; be kind to yourself before extending it to others.

7. Success is subjective; define it based on your values, not external expectations.

8. Letting go is powerful; release what no longer serves your well-being.

9. Change is constant; adaptability is a key to navigating life's challenges.

10. Gratitude transforms; appreciate the present to cultivate a positive mindset.

Facts of Current System that should be replace…

Some Mind-blowing Facts about All of Us But Not should be…

1. All of us go through life chasing love, chasing perfection, trying to change, and trying to become the best versions of ourselves. You are not alone. It is almost in all of us expect those with dead conscience.

2. All of us fight for the approval of others and hope that they see our true worth.

3. All of us strive to be what we think we are, that others think we aren't. Thus, trying to prove them wrong.

4. Most times, we go around fighting meaningless battles with ourselves and others over many things that matter not.

5. Sometimes we try to be someone else rather that what we truly are.

6. And 100 years from now, most people living today will not be remembered by many people. By then, how you lived this thing called life, will be the most that matters.

7. Therefore, be yourself, be genuine and do what matters today.

Some Psychological Facts About Love

1.Talkative girl and Silent boy makes the best couple.

2.Most of the people can't eye contact with their crush.

3. Tears is the purest sign of true love doesn't matter whether it's BOY OR GIRL.

4. LOVE is a Turbo gear, once you have it it's hard to STOP.

5. When you love someone from the heart, even the smallest things about them start to matter to you.

6. Holding a partner hand relieves pain and stress.

7. After breakup girls moved on fast than boys. (it's a fact)

8. Small chats and talks weak your bond.

9. The more you ignore the one you like, the more you will fall for them.

Psychology of Toxic People

1. A toxic person does not care to consider the experiences of others. Because of this, he starts believing that everything is the next person's fault. You have to prove yourself innocent.
2. A toxic person collects material to hurt other people. Gossip and bullying make them feel powerful, so they are happy to exploit others for their own personal gain.

3. A toxic person does not think critically about how his negative energy can bring others down. Because of this, they feel comfortable complaining constantly.
4. Toxic people may get away from their movements for a while, but over time, they lose friendships and close relationships due to bad behavior.
5. Toxic people worry about their own status, don't care about other people. Many people are happy to spread the truth when it benefits them.
6. Toxic people, if they want a particular result, will try to control other people to do it.
7. Toxic people think about their needs, not yours. So most of the time, these people will use force to get what they want from you.

Weird Psychology Trick

1. If you have someone you like, you can ask him / her to go somewhere and tell him / her that this is your "secret base". **Secrets can quickly bring the relationship closer**, especially when told that the protagonist has only one another, and a great sense of participation will make him pay more attention to the relationship.

2. **People are angry about something for only 12 seconds**, after this period of time, people will return to the past calm. Unfortunately, most people will be controlled by the 12s, saying or doing things they regret.

3. **Keeping a clean appearance will make you look more credible**, and people will subconsciously trust people with a good appearance. Therefore, when you apply for a job, you can leave a better impression on the interviewer by dressing up neatly and skillfully; when you give a speech, you will also look more professional in a suit and suit.

4. **A person's appearance can reveal a lot of information.** Poor body management is mostly lazy, hunchback is more than self-confidence; clothing can show personality, clothing can see hobbies; emotional ups and downs hidden in the voice, family education revealed on the table.

5. **At a party, if you want to know if someone is secretly paying attention to you, you can pretend to yawn.** If the TA is looking at you, the TA will also unconsciously yawn with you.

6. **When you are expressing your opinion, you can nod slightly and send some positive signals to others.** They will unknowingly assimilate into your consciousness and generate ideas that agree with you.

7. **Digital payment makes us lose the pain of spending money.** For example, if you have 50 forms in front of you, your sense of accomplishment will gradually be satisfied when you have processed them one by one; when the forms are transformed into data, we have no sense of the number 50. It's the same with spending money. When the amount reaches a certain threshold, it's hard for us to feel the pain of spending money. But

at this time, it's 50 hundred yuan bills, and every time you spend one, you'll feel heartache. Therefore, reducing the frequency of digital payment and keeping the habit of paper money consumption is the best way to save money.

According To Psychology Facts About A Person's Personality

1. People will respect you based on how you respect yourself, talk to people and how you treat people around you with respect and good and positive energy.

2. No amount of bribery can make people love you if you're a bad person.

3. Good behavior attracts people to you, while bad behavior repels people.

4. Tell people your own story first. They will share theirs eventually. (The Art of Making Someone Confess).

5.Blind people are much sensitive.

6. If you want someone new to like you, then refer to people you've just met by their name. People love being referred to by their name and it will establish a sense of trust and friendship right away.

Be thankful for all the struggles you went through. They make you stronger, wiser and humble. Don't let it break you and let it make you.

8. Slow eaters generally like to be in control and know how to appreciate life. Fast eaters tend to be ambitious, goal-oriented, open to new experiences, and often impatient.

9. Before talking to a new person, a smile from you gains their positive approach towards you.

10.70% of people pretend to be okay simply because they don't want to annoy others with their problems.

11. You don’t have to be good at all things to be rich, but you have to be good at some things in which no one can beat you.

12. People think that to be strong is to never feel pain. But in reality, the strongest people are the ones who feel it but get through it.

13.Apparently, it will only take up to 4 minutes to decide whether you like someone or not. As such, if you want to make a good impression on someone, you have only got around 4 minutes to do so.

Why do most relationships fail?

TOP 10 REASONS WHY RELATIONSHIPS FAIL:

1. Trust Issues

Lack or loss of trust is one of the most harmful contagions to a couple’s long-term success. Without trust, a relationship misses two of the key anchors to a strong bond: safety and security.

Trust issues may include factors such as jealousy, possessiveness, unreasonable rigidity, emotional infidelity, physical/sexual infidelity, relational game playing, lack of reliability and dependability, lack of emotional support, lack of financial compatibility, and lack of mutually-supportive goals.

If you believe trust is a major issue in your relationship (or was in your former relationship), examine whether the lack of trust is based on a pattern of evidence (such as significant broken promises), or mostly subjective emotions (such as jealousy without proof). Consider honestly whether the lack of trust is based on tangible substance or unjustified fears.

2. Different Expectations

Never allow someone to be your priority while allowing yourself to be their option.

It's not easy for a couple to walk a journey together for a long time. The elements that frequently draw two people toward one-another at the beginning of a relationship – physical attraction, sexual passion, common interests, personality connections, socio-economic backgrounds – often become less central as the realities and demands of day to day life sets in. Overtime, a couple's expectations in the relationship may differentiate, as they begin to see their respective life plans as "what I want," instead of "what we want."

Some of the reasons relationship divergence occur between a couple include:

Mister/Miss Right or Mister/Miss Right Now?

Does your partner see you as "Mister/Miss Right", or "Mister/Miss Right Now"? In other words, how serious is your partner about being in a long-term committed relationship with you? What about you with your partner?

Differences in Priorities

Your partner has different priorities and expectations regarding the relationship.

For some, the significant-other relationship (and family) is the primary center of gravity of life. Nothing else comes close in its importance.

For others, a romantic relationship, even a committed one, is but one facet of life. There are many other aspects of life which, in their perspective, can justifiably take higher priority.

3. Moving Through Life at Different Speeds

When one partner is learning and growing at a rapid pace, while the other is stagnating, this may be a source of relational divergence. One example of this would be a partner advancing quickly in her career and society, while her significant other is stagnating at home. The professional and social circles of the couple begin to diverge, and soon the couple themselves differentiate. They have physically, intellectually, and socially grown apart.

4. Compatibility Issues

Relational compatibility is a large topic worthy of full volumes of its own. In my books, relationship compatibility is explored in detail from several perspectives, including compatibility in intimacy, compatibility in personality types, and compatibility in attachment styles.

5. Communication/ Understanding Issues

This is a big one. Numerous studies have identified communication (or a lack thereof) as one of the top reasons for couples therapy, as well as one of the top reasons for break-up and divorce (1)(2).

Dr. John Gottman of the University of Washington, a foremost expert on couples' studies, concluded after over twenty years of research that the single, best predictor of divorce is when one or both partners show contempt in the relationship.

Contempt, the opposite of respect, is often expressed via negative judgment, criticism, or sarcasm regarding the worth of an individual. In communication studies, this is known as being "tough on the person, soft on the issue". Contemptuous communication works like poison - it destroys the health and well-being of a romantic relationship.

6. Narcissism

The Mayo Clinic research group defines narcissistic personality disorder as "a mental disorder in which

people have an inflated sense of their own importance and a deep need for admiration." Narcissism is often marked by a lack of true intimacy in relationship (3).

Signs of narcissism may include (and are not limited to) superiority complex, grandiose self-image, entitlement, conceit, boundary violations, false charm, the Don Juan syndrome, manipulation, irresponsibility, rule breaking, extreme selfishness, negative emotions, and contempt towards others. Significantly, research indicates that high narcissism is correlated with susceptibility to infidelity (4)(5).

7. Relational Abuse

For the purpose of this writing, relational abuse is defined as the repeated mistreatment of an individual. Examples of relational abuse include: Verbal, emotional, physical, and/or sexual abuse. Pathological manipulation. Pathological Narcissism. Pathological passive-aggressiveness. Excessive control and dominance. For more on this subject.

8. Life Habit Abuse

Life habit abuses are traits which, although may or may not directly involve the partner (such as a secret gambling addiction), may ultimately affect the relationship in a destructive way. Examples of life habit abuse include: Drug addiction. Alcohol addiction. Gambling addiction. Sexual addiction.

9. Grown Apart, Boredom, Staleness, Rut

If any of the four terms written above resonates with your relationship experience, there are a couple of elements to consider:

If you have been in a relationship for two years or less, and you and your partner have "grown apart", it could be due to a lack of commitment, different expectations, lack of compatibility, or the natural process of trial and error in mate-finding.

If you are in a long-term relationship, it is possible that life obligations (such as school, work, and especially child-rearing) got in the way of couple connectedness and mutual evolvement. A classic example is the " empty nest " syndrome, where after all the children have grown and left home, the parents suddenly feel like strangers to one-another, having not focused on each another for so many years.

10. Money Issues

The longer a couple has been together in a committed relationship, the greater the possibility of financial incompatibility. According to research, differences over money is one of the top reasons for marital dissolution (6)(7). A couple also doesn't need to be married to have money challenges.

Money issues and disputes tap into some of our deepest psychological needs and fears, including and not limited to trust, safety, security, power, control, and survival.

Success Factors - Desire, Will and Intelligence

Desire, then, plays a most important role in human evolution. It awakens, stimulates, propels. What wind is to the ship, what steam is to the locomotive, desire is to the human being. That is why we must not kill out desire, but on the contrary we must generate it. The first step to riches is to have a burning desire for riches. If you want to focus your powers towards creating anything, you must build up a strong desire force towards that thing. Only fools kill out desire, but the wise strengthen and use desire.

The second requirement is a firm will. It should not be forgotten that when an unusual and difficult thing is being attempted, a person of weak will cannot possibly hope to succeed. In the life of business, achievement and work, considerable will power is essential to success. Only those with the indomitable will that know neither surrender nor compromise may hope to attain large measure of success. Once the will is thoroughly aroused and brought into action every hindrance in the way will be swept aside.

The third necessity is keen intelligence. The force of desire, directed by the will, must be supplemented by an alert mind. It is a common misconception that good motives are sufficient in themselves and that when one has the desire to attain spiritual mastery, plus the will to achieve, nothing more is needed but purity of purpose. But if the intellect is not at first made a chief factor, then one may not be able to progress in the most efficient and

proper way. Intelligence is therefore an indisputable key directive.

Few Things You Should Not Do In Your Life

1. Don't have kids when you're not ready to take responsibility.
2. Don't sacrifice your health for money.
3. Don't betray other people's trust.
4. Don't die with too many regrets.
5. Don't be uncorrectable.
6. Don't pursue pleasure over fulfillment.
7. Don't wallow in self-pity.
8. Don't nurture hatred.
9. Don't underestimate relationships.
10. Don't wait for the perfect time to grow your career.

Unrealistic That We Often See In Movies That Annoys Us

One common unrealistic element in movies that often annoys audiences is the portrayal of hacking and computer technology. In many films, hacking is depicted as a glamorous and instantaneous process, with hackers typing furiously on a keyboard and gaining access to highly secure systems within seconds. In reality, hacking is a complex and time-consuming activity that involves a deep understanding of computer systems and networks.

Movies also tend to oversimplify technology, showing unrealistic graphical interfaces and flashy animations to represent hacking activities. In truth, hacking is often more about exploiting vulnerabilities, social engineering, and using sophisticated tools rather than the visually dramatic scenes portrayed on screen.

Another unrealistic aspect is the depiction of gunfights and action sequences. Characters often engage in extended, acrobatic gun battles without reloading, and they miraculously avoid getting hit despite being in the line of fire. In reality, gunfights are typically brief, chaotic, and reloading is a crucial aspect that is often overlooked in movies for the sake of cinematic convenience.

These unrealistic portrayals can be entertaining, but they can also contribute to misconceptions and a lack of understanding about the complexities of certain activities in real life.

How Flirting Can Harm a Committed Relationship

Tips for Avoiding Temptation and Strengthening Your Bond

Flirting have serious consequences for a committed relationship. If flirting crosses certain boundaries or leads to emotional affairs, it can damage trust and lead to emotional distance between partners. In this blog, we will explore how flirting can harm a committed relationship

and offer tips for avoiding temptation and strengthening the bond with your partner. By focusing on building trust, communication, and intimacy, you can create a healthy and fulfilling relationship.

1. What is Flirting and How Does it Affect a Relationship?

Flirting is a way of expressing romantic interest in someone through actions, words, or body language. It can be harmless fun or a way to build intimacy with a partner, but it can also be harmful to a committed relationship if it crosses certain boundaries.

2. How Flirting Can Damage a Relationship

Flirting with someone other than your partner can lead to feelings of jealousy and betrayal, which can damage trust and cause emotional pain in a relationship. Even if there are no physical or emotional affairs, flirting outside of a committed relationship can lead to emotional distance between partners.

3. The Dangers of Emotional Affairs

Emotional affairs, which involve close emotional connections with someone outside of a committed relationship, can be just as damaging as physical affairs. They can lead to a lack of emotional intimacy in the

primary relationship and can ultimately cause the breakdown of the relationship.

4. How to Avoid Temptation

It can be difficult to resist temptation, especially when faced with flirting from someone outside of a committed relationship. Here are some tips for avoiding temptation:

Set boundaries: Clearly communicate your boundaries with your partner and be sure to respect their boundaries as well.

- **Practice self-control:** It's important to be aware of your own thoughts and actions and to make conscious choices to avoid temptation.
- **Seek support:** Surround yourself with supportive friends and family who can help you stay on track and resist temptation.
- **Communicate with your partner:** If you're feeling tempted or uncertain about something, it's important to communicate openly and honestly with your partner.

5. Strengthening the Bond in Your Relationship

In order to strengthen the bond in your relationship, it's important to focus on building trust, communication, and intimacy. Here are some tips for doing so:

Spend quality time together: Make an effort to carve out time for activities that you both enjoy and to really connect with each other.

- **Practice open and honest communication:** Communication is key in any relationship. Make sure to listen to your partner and share your own thoughts and feelings openly and honestly.
- **Seek counseling or therapy:** Sometimes it can be helpful to seek the guidance of a trained professional to help you work through any issues in your relationship and to strengthen your bond.
-

6. The Importance of Trust

Trust is a crucial component of any healthy relationship. When trust is broken, it can be difficult to rebuild and can lead to feelings of betrayal and hurt. Here are some tips for building trust in a relationship:

Be honest: Honesty is a cornerstone of trust. Make sure to always be honest with your partner and to be open about your thoughts and actions.

- **Be reliable:** Follow through on your promises and commitments to your partner. This helps to build trust and show that you are dependable.

- **Be open to feedback:** It's important to be open to feedback from your partner and to work together to address any issues that may arise.

7. The Role of Communication in a Healthy Relationship

Effective communication is essential in any relationship. It helps to build trust, understanding, and intimacy between partners. Here are some tips for improving communication in your relationship:

- Listen actively: Make sure to really listen to your partner and show that you are paying attention by making eye contact and repeating back what they've said.
- Be open and honest: It's important to be open and honest

Conclusion

In conclusion, flirting can be harmless fun or a way to build intimacy with a partner, but it can also harm a committed relationship if it crosses certain boundaries or leads to emotional affairs. To avoid temptation and strengthen the bond with your partner, it's important to set boundaries, practice self-control, seek support, and communicate openly and honestly. Additionally, building trust, effective communication, and intimacy can all help to create a healthy and fulfilling relationship. By being

mindful of your actions and being proactive in working on your relationship, you can create a strong and lasting bond with your partner.

10 Things That Push Couples to a Crisis Point

Every relationship goes through ups and downs, but there are certain issues that can push a couple to a crisis point. Recognizing and addressing these issues early on can help prevent a relationship from reaching a breaking point. Here are five things that can push couples to a crisis point:

Lack of communication

Effective communication is key to any healthy relationship. When couples don't communicate effectively, it can lead to misunderstandings, resentment, and even a breakdown in trust. It's important to make time to talk openly and honestly with your partner and to listen actively to what they have to say.

Lack of intimacy and connection

Intimacy and connection are crucial for maintaining a strong bond with your partner. When these elements are lacking, it can lead to feelings of loneliness, frustration, and disconnection. It's important to make time for intimacy and connection and to prioritize these elements in your relationship.

Infidelity

Infidelity is one of the most common reasons that couples reach a crisis point. When one partner is unfaithful, it can lead to feelings of betrayal, hurt, and resentment that are difficult to overcome. It's important to be honest with your partner and to work through the issues that led to the infidelity in order to move forward.

Money issues

Money is a common source of tension in relationships, and when couples can't agree on financial goals or have different spending habits, it can lead to conflict and resentment. It's important to discuss your financial goals and values openly with your partner and to work together to find solutions that work for both of you.

Differences in values and goals

Differences in values and goals can create tension in a relationship if they're not addressed. It's important to be open and honest about your values and goals and to find ways to compromise and support each other. It may be necessary to have difficult conversations about what's most important to you and to find ways to make your relationship work despite your differences.

Constant arguing and conflict

Constant arguing and conflict can be draining and can lead to a breakdown in communication and connection. It's important to find healthy ways to resolve conflicts and to seek outside help if necessary.

Constant criticism and negativity

Constant criticism and negativity can erode the foundation of a relationship and lead to feelings of resentment and insecurity. It's important to be supportive and positive in your interactions with your partner and to work on building each other up.

Lack of support and appreciation

Feeling unsupported and unappreciated can lead to feelings of resentment and disconnection. It's important to show appreciation for your partner and to offer support and encouragement in their endeavors.

Differences in parenting styles

Parenting can be a source of tension for couples, especially if they have different styles or approaches. It's important to communicate openly about parenting goals and to find ways to support each other and work together as a team.

Differences in work-life balance

Different priorities and expectations around work and leisure can create tension in a relationship. It's important to discuss your work-life balance and to find ways to support each other and maintain a healthy balance.

Conclusion

Relationships can be challenging, and there are many things that can push a couple to a crisis point. From lack of communication and intimacy to differences in values and goals, it's important to recognize and address these issues in order to prevent a relationship from reaching a breaking point. It's also important to be open and honest with your partner and to communicate openly about your needs and concerns. By making the effort to maintain a strong and healthy relationship, couples can overcome challenges and find lasting happiness and fulfillment.

How to Resolve Conflict in Your Relationship and Keep the Peace

Are you feeling frustrated in your relationship and struggling to resolve conflicts? It's normal for couples to argue and disagree at times, but it's important to address and resolve conflicts in a healthy way to maintain a happy and peaceful relationship. Here are five tips for resolving conflicts and keeping the peace in your relationship.

Communicate openly and honestly

Effective communication is key to resolving conflicts and maintaining a healthy relationship. Be open and honest with your partner about your feelings, needs, and concerns. Avoid criticism, blame, or defensiveness, and try to listen to your partner's perspective without interrupting or getting angry.

Set aside time to discuss the issue

we emphasized the importance of taking the time to address conflicts in a calm and focused manner. Here are a few tips for setting aside time to discuss issues in your relationship:

- Choose a time when you're both available and can give each other your full attention. This might be during a quiet moment in the evening, on the weekend, or at a scheduled time each week.
- Try to avoid discussing important issues when you're feeling rushed or overwhelmed. This can lead to misunderstandings and escalation of the conflict.
- Create a comfortable and distraction-free environment. This could be a quiet room in your home, a cozy café, or a peaceful outdoor space.
- Let your partner know that you want to discuss something important and ask if now is a good time for them. If not, schedule a time that works for both of you.

By setting aside dedicated time to discuss issues, you can ensure that you and your partner have the space and focus to have a productive and effective conversation. This can help you to resolve conflicts and maintain a peaceful relationship.

Focus on the present, not the past

we discussed the importance of staying focused on the current issue when resolving conflicts in your relationship. Here are a few reasons why it's important to avoid bringing up past mistakes or grievances:

- When conflicts arise, it's natural to feel frustrated and hurt. However, bringing up past issues can escalate the conflict and make it harder to find a resolution.
- Focusing on the past can prevent you from moving forward and finding a solution to the current issue. It can also create resentment and bitterness in your relationship.
- By focusing on the present, you can stay focused on finding a solution to the current conflict and improve your communication with your partner.
- When conflicts arise, it's important to stay calm and avoid getting emotional. Bringing up the past can make it harder to stay calm and focused on finding a resolution.

  By focusing on the present, you can avoid escalating the conflict and work towards finding a solution that meets both of your needs. This can help to maintain a happy and peaceful relationship.

Be willing to compromise

we discussed the importance of finding a solution that meets both of your needs in a conflict. Here are a few tips for being willing to compromise in your relationship:

- Acknowledge that conflicts often arise when two people have different needs or perspectives. Instead of getting

stuck on your own point of view, try to be open to finding a solution that works for both of you.

- Practice empathy and try to understand your partner's perspective. Ask questions and listen to their needs and concerns. This can help you to find a solution that meets both of your needs.
- Be willing to give and take. Compromise doesn't mean that you have to give up everything you want. Instead, it means finding a solution that both of you can be happy with.
- Avoid being stubborn or inflexible. It's okay to have your own needs and boundaries, but be open to finding a solution that works for both of you.

  By being willing to compromise, you can find solutions to conflicts that meet both of your needs and maintain a happy and peaceful relationship.

Seek outside help if needed

If you're unable to resolve a conflict on your own, don't be afraid to seek outside help. A therapist or counsellor can provide you with tools and strategies for resolving conflicts in a healthy way and improving your communication skills.

Remember, conflicts are a normal part of any relationship. By using these tips and practicing effective communication, you can resolve conflicts and keep the peace in your relationship.

Emotionl Equations

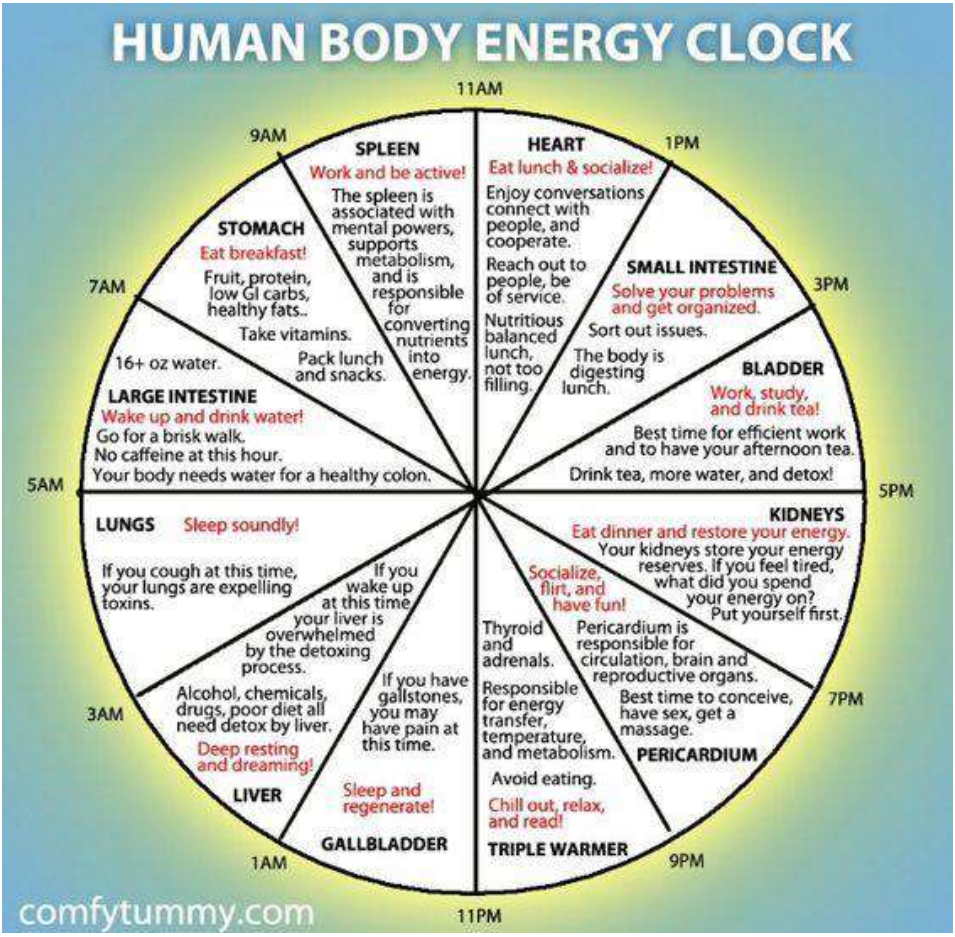
Emotional Equations
Emotions = Life
By Chip Conley
Dealing With Difficult Times
Despair = Suffering – Meaning
Disappointment = Expectations – Reality
Regret = Disappointment + Responsibility
Jealousy = Mistrust / Self-Esteem
Envy = (Pride + Vanity) / Kindness
Anxiety = Uncertainty x Powerlessness
Getting The Most Out of Your Work Life
Calling = Pleasure / Pain
Workaholism = What Are You Running From? / What Are You Living For?
Flow = Skill / Challenge
Curiosity = Wonder + Awe
Defining Who You Are
Authenticity = Self-Awareness x Courage
Narcissism = (Self-Esteem)^2 x Entitlement
Integrity = Authenticity x Invisibility x Reliability
Finding Contentment
Happiness = Wanting What You Have / Having What You Want
Joy = Love – Fear
Thriving = Frequency of Positive / Frequency of Negative
Faith = Belief / Intellect
Wisdom = √Experience

Cheaf Feature of some Fears

The Seven Chief Features

Chief Feature	Fear
1. **Self-Deprecation**	Inadequacy
2. **Self-Destruction**	Loss of control
3. **Martyrdom**	Worthlessness
4. **Stubbornness**	Change, new situations
5. **Greed**	Lack, not having enough
6. **Arrogance**	Vulnerability
7. **Impatience**	Missed / lost opportunities

Human Body Energy Clock


HUMAN BODY ENERGY CLOCK
11AM
1PM
3PM
5PM
7PM
9PM
11PM
1AM
3AM
5AM
7AM
9AM
SPLEEN
Work and be active!
The spleen is associated with mental powers, supports metabolism, and is responsible for converting nutrients into energy.
HEART
Eat lunch & socialize!
Enjoy conversations connect with people, and cooperate.
Reach out to people, be of service.
Nutritious balanced lunch, not too filling.
SMALL INTESTINE
Solve your problems and get organized.
Sort out issues.
The body is digesting lunch.
BLADDER
Work, study, and drink tea!
Best time for efficient work and to have your afternoon tea.
Drink tea, more water, and detox!
KIDNEYS
Eat dinner and restore your energy.
Your kidneys store your energy reserves. If you feel tired, what did you spend your energy on? Put yourself first.
Socialize, flirt, and have fun!
PERICARDIUM
Pericardium is responsible for circulation, brain and reproductive organs.
Best time to conceive, have sex, get a massage.
TRIPLE WARMER
Thyroid and adrenals.
Responsible for energy transfer, temperature, and metabolism.
Avoid eating.
Chill out, relax, and read!
GALLBLADDER
If you have gallstones, you may have pain at this time.
Sleep and regenerate!
LIVER
If you wake up at this time your liver is overwhelmed by the detoxing process.
Alcohol, chemicals, drugs, poor diet all need detox by liver.
Deep resting and dreaming!
LUNGS
Sleep soundly!
If you cough at this time, your lungs are expelling toxins.
LARGE INTESTINE
Wake up and drink water!
Go for a brisk walk.
No caffeine at this hour.
Your body needs water for a healthy colon.
STOMACH
Eat breakfast!
Fruit, protein, low GI carbs, healthy fats..
Take vitamins.
16+ oz water.
Pack lunch and snacks.
comfytummy.com

Cheat Sheet of Body Language Part I

Translate emotions into written body language (Part One)	
Emotions	**Possible Body Language**
Anticipation	rub hands together, lick lips, unable to sit still, grin
Awe	slack-jawed, unable to move, fixed gaze
Amusement	throw head back, slap thighs, clap hands, shake with laughter
Anger or Aggression	shake fist, point finger, stab finger, slam fist on a table, flushed face, throbbing veins in neck, jutting chin, clench fists, clench jaw, lower eyebrows, squint eyes, bare teeth, a wide stance, tight-lipped smile
Annoyance	press lips together, narrow eyes, roll eyes, exasperated sighs
Anxiety	fidget, twist a ring, chew on a pencil, bite lip, swallow constantly, quickened breathing, hold breath, darting eyes , sweat, clammy palms, high-pitched laughter, hunched posture, pace, stutter, play with hair
Attentiveness	furrowed brow, lean forward, sit up, take notes, mimic body language
Boredom	yawn, avoid eye contact, tap feet, twirl a pen, doodle, fidget, slouch
Confidence	clasp arms behind body, lift head, push chest out, stand tall, make firm and precise movements
Confusion	tilt head, narrow eyes, furrowed brow, shrug
Contempt	lift chin, purse lips, sneer, stretch or turn away, dismissive hand-waving
Cynical	twist lips, half-smile, shake head, press lips with a slight frown, roll eyes
Deception	one sided shoulder shrug, look down, scratch nose/ear/neck, feet kick out or shuffle involuntarily, sudden change in demeanour, hesitation in speech, shifty eye contact, long blinks, shrug, unwarranted smiles or laughter, shake head 'no' while saying 'yes', lick lips, cover/touch mouth
Defensive	cross arms or legs, arms out with palms forward, hands up, place anything in front of body, hands in pockets
Desire	flirtatious behaviour, wink, look up through the lashes, glance over the shoulder, make eye contact, touch hair or clothing, straighten spine, strike a 'cowboy' pose with thumbs in belt, dilated pupils, arch, stretch, women cross and uncross legs
Disbelief	wide-eyed (shock), narrow-eyed (sceptical), twist mouth, crinkle nose, crease brow
Disgust	crinkle nose, curled lip, flinch, turn away, cover nose, gag, squint eyes shut, protect body by turning shoulder (cold shoulder)
Displeasure	fake smile, pout, frown, cross arms
Distress	Stroke/rub nape of neck, wide eyes, shallow rapid breathing, beat walls, huddle in a corner, clasp hands over head, rock, wring hands, run hands through hair, adjust cuffs, men hold hands together in front of crotch
Embarrassment	blush, stammer, cover face with hands, bow head, trouble maintaining eye contact, look down and away, blink back tears
Fatigue	rub eyes, stare into space, yawn and/or stretch, nod off and jerk awake, grit teeth, close eyes, move slowly, slouch

Cheat Sheet of Body Language Part II

Translate emotions into written body language (Part Two)	
Emotion	**Possible Body Language**
Grief	curl into foetal position, face contorts, slump, cover face or head with hands or arms or pillow, stare, shake with sobs, tremble, turn away, difficulty swallowing
Happiness	smile, laugh, hum a tune, crinkle eyes and nose, swing arms, spin loosely, dance, jump, hug, giggle
Honesty	maintain eye contact, smile with eyes and mouth, look up, palms up, open arms
Impatience	nod quickly, tap fingers, sigh, check the clock, tap feet, increase pitch in voice, look away
Jealousy	tight lips, sour expression, narrow eyes, crossed arms
Overwhelmed	palms to forehead, splayed fingers cover eyes with one hand, eyes wide and staring into space, hands grip onto something
Passion or Eagerness	lean forward, nod, wide eyes, steady eye contact and raised eyebrows, hand on heart, double-handed handshake, feet pointed inwards
Playfulness	wink, waggle eyebrows, nudge, smile, tickle
Pleasure	tilt head back, part lips slightly, eyes wide or closed, languorous movements, stretch, arch neck or back, flush, quick breath and pulse
Possessiveness	handshake with arm clasp, place hands on or around someone's shoulders / neck / waist, place hands on wall near them, stand in personal space with body positioned toward person, run a knuckle down someone's cheek, stare others down if they get too close
Pride or Dominance	chin up, chest out, shoulders back, hard handshake, lean back with hands behind head and feet up, unblinking focused eye contact, hands on hips, straddle chair
Reluctance	cross arms, make fists, drag feet, pinch nose, put hands over ears
Sadness	droopy body, bowed, wrap arms around self, hesitating movements, bottom lip jutting out, lip quivers, cry, sob, shake, drag feet
Secretiveness	tight-lipped smile, hands in pockets, look away, cover face, look down
Shame	slump shoulders, look down and away, bury face in hands, bow head, straight mouth
Shock	hands over mouth, mouth open, gasp, freeze and stare with wide eyes and raised eyebrows, smack palm against forehead, step back
Shyness	blush, avoid eye contact, keep distance from others, back away if others come too close, fold arms, bend head, 'hug' walls
Smugness	slight close-lipped smile, one raised eyebrow, slightly tucked chin, enigmatic smile, raise eyebrows, steeple fingers
Suspicion	narrow eyes, glance sideways, raise eyebrow, rub eyes, shake head, blow out cheeks, frown, tighten lips
Thoughtfulness	steeple fingers, pinch nose, close eyes, tug ear, stroke a real or imaginary beard, furrow brow, narrow eyes, tilt head and press lips together, rest chin on hand, lean back and look up
Triumph	clench hands above head, tilt head back and yell, pump fist in air, jump, roar, whoop
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13 Elements of a Great Strategy

13 ELEMENTS
OF A GREAT STRATEGY

Objective Is the objective clearly defined, and is it based on a realistic view of the marketplace?

Knowledge Is the strategy based on superior knowledge of your customer, marketplace, and competition and a realistic assessment of your own capabilities?

Initiative Does the strategy enable you to set the pace in the field and jump ahead of the competition?

Mass Are you focusing your efforts in those areas that provide the greatest opportunity?

Economy Are resources being economically and prudently deployed?

Flexibility Does the strategy enable you to shift resources easily if required? Will the organization be able to react quickly to rapidly changing circumstances?

Unity of Leadership Is everyone working in unison to achieve a common goal? If you ask fifteen people where the organization is heading, will you receive fifteen different responses?

Security Are plans being kept secret? Is it clear which information has to be kept secure?

Surprise Will you strike the competition when and where it's least prepared? Do you have enough speed and competitive intelligence to prevent competitors from following your lead?

Simplicity Is the strategy as simple as it can be? Have you reduced any potential for misunderstanding?

Speed Can you mobilize "forces" at will? Do bureaucracy, consensus management, undefined responsibility, and political infighting reduce your ability to move quickly?

Communication Has the strategy been made available to those who need to know? Have individual responsibility and accountability been assigned?

Commitment Does everyone feel a part of the initiative and passionate about achieving its goals? Or do just a few people "own" the initiative?

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Psychology Behind The Magic Of 1st Step?

The psychology behind the magic of the first step is rooted in several cognitive and behavioral principles. Understanding these psychological aspects can shed light on why taking that initial action is so powerful:

1. Activation Energy:

- Taking the first step reduces the activation energy required to initiate a task. Activation energy refers to the mental and emotional effort needed to get started. Once the first step is taken, it becomes easier to continue the momentum.

2. Cognitive Dissonance:

- The concept of cognitive dissonance suggests that individuals strive for internal consistency. When you take the first step towards a goal, you create a misalignment between your actions and any resistance or doubt you may have had. This discomfort motivates you to align your beliefs with your actions by continuing to progress.

3. Goal Gradient Effect:

- The goal gradient effect is the phenomenon where individuals exhibit increased effort and motivation as they progress toward a goal. Taking the first step initiates this effect, making subsequent steps seem more attainable and encouraging continued effort.

4. Endowment Effect:

- The endowment effect refers to the psychological phenomenon where people attribute more value to things simply because they own or have initiated them. Taking the first step creates a sense of ownership and investment in the goal, making it more likely that you'll want to see it through.

5. Self-Determination Theory:

- According to self-determination theory, humans are motivated by three innate needs: autonomy, competence, and relatedness. Taking the first step satisfies the autonomy need by demonstrating personal agency and control over one's actions.

6. Zeigarnik Effect:

- The Zeigarnik Effect states that people tend to remember uncompleted or interrupted tasks better than completed ones. Initiating the first step creates a mental "open loop," prompting a desire to complete the task and achieve closure.

7. Progress Principle:

- The progress principle suggests that making progress, even small steps, enhances positive emotions and motivates individuals to persist. The act of taking the first step generates a sense of progress, fostering motivation for subsequent actions.

8. Self-Efficacy:

- Self-efficacy, a concept from social cognitive theory, refers to one's belief in their ability to succeed in specific situations. Taking the first step boosts self-efficacy by providing evidence that you can take control and make progress.

9. Intrinsic Motivation:

- Intrinsic motivation, the drive that comes from within, is often activated when individuals take the first step toward a personally meaningful goal. The initial action aligns with intrinsic motives, making the pursuit more fulfilling.

10. Social Influence:

- The first step can be influenced by social factors, such as the support or encouragement of others. Social validation and positive reinforcement for taking the initial action can significantly impact motivation.

11. Positive Feedback Loop:

- Initiating action creates a positive feedback loop. The satisfaction and sense of achievement from taking the first step can reinforce the behavior, encouraging a cycle of continued effort.

In essence, the psychology behind the magic of the first step involves a combination of cognitive, emotional, and motivational factors that work together to propel individuals forward and facilitate progress toward their goals. Taking that initial action triggers a cascade of

psychological processes that make subsequent steps more achievable and the overall journey more rewarding.

How We Indulges More When We Ignore A Relationship

The idea that "the more we ignore, the more we fall in connections" can be understood through various psychological principles and concepts. Here are several factors that may contribute to this phenomenon:

1. Scarcity Principle:

- The scarcity principle, as described in social psychology, suggests that people tend to place a higher value on things that are less available. When we ignore or distance ourselves from connections, their perceived availability decreases, and we may attach greater importance to them.

2. Fear of Missing Out (FOMO):

- Ignoring connections can trigger a fear of missing out. Humans are social beings, and the fear of missing out on social interactions, experiences, or important information can drive individuals to seek connection.

3. Rejection Sensitivity:

- Rejection sensitivity refers to an individual's heightened concern about being rejected by others. Ignoring connections may trigger this sensitivity, leading to a stronger desire for connection to alleviate the fear of rejection.

4. Loneliness and Social Isolation:

- Ignoring connections can contribute to feelings of loneliness and social isolation. As social creatures, humans have a fundamental need for social connection, and when this need is unmet, there can be a heightened motivation to seek connections.

5. Reciprocity Norm:

- The reciprocity norm is the social expectation that favors or benefits should be returned in kind. If we ignore others, we may anticipate a reciprocal response, and the desire for that reciprocity can drive us to seek reconnection.

6. Attachment Theory:

- Attachment theory suggests that humans have an innate need for emotional bonds with others. Ignoring connections may activate attachment-related anxieties, prompting individuals to seek reconnection to restore a sense of security.

7. Social Comparison:

- Social comparison theory posits that individuals determine their own social and personal worth based on how they stack up against others. Ignoring connections may lead to increased social comparison, prompting a desire to reconnect for validation or affirmation.

8. Regret Avoidance:

- Ignoring connections may lead to feelings of regret, especially if those connections were valued. The desire to avoid regret can motivate individuals to reestablish connections to prevent the loss of meaningful relationships.

9. Intrinsic Motivation for Social Interaction:

- Intrinsic motivation for social interaction is the natural desire to engage with others for enjoyment and personal satisfaction. Ignoring connections may create a cognitive dissonance, as this behavior contradicts intrinsic motivations for social engagement.

10. Social Identity Theory:

- Social identity theory suggests that individuals categorize themselves and others into social groups. Ignoring connections may challenge one's sense of social identity, prompting a desire to reconnect to restore a sense of belonging.

In summary, the psychology behind "the more we ignore, the more we fall in connections" is multifaceted and involves a combination of psychological needs, fears, and social dynamics. The desire for connection is deeply ingrained in human nature, and ignoring connections may activate various cognitive and emotional processes that drive individuals to seek reconnection for fulfillment, security, and social well-being.

Lessons you can Learn from GRIT

6 Powerful Lessons From GRIT:

The Power of Passion and Perseverance

1. Grit is a better measurement for success than talent

You can have all the skills in the world, but if you don't know how to apply them and survive the long haul, you'll most likely never succeed.

Talent gives us potential, but whether we use it is another thing.

2. High performance comes from mundane acts

Don't disregard all the little acts you do every day

They are more important than you think and they add up over time. These little acts will make you extraordinary.

3. Grit is about stamina not intensity

No matter how hard we work for twenty-four hours, if we don't repeat the process regularly, then we will never attain success.

4. Decide what not to do

We have limited time and resources, so the way we funnel them both into certain activities will determine our long-term outcome.

5. It's our impact on others that often fuels our purpose

People who have grit can find purpose outside of themselves, according to research.

If your purpose is all about you and how it makes you feel, you're unlikely to be still following the same dream in the future.

6. The way you deal with failure determines your success

Failure will never destroy you. Even when you succeed, you will face failure again.

Sign Of Maturity

1, Small talks don't excite you anymore.

2, Sleep is more fun than a Friday night out.

3, You forgive more.

4, You become more open-minded.

5, You respect differences.

6, You don't force love.

7, You accept heartaches.

8, You don't judge easily.

9, You like to keep quiet instead of engaging in a nonsense fight.

10, Your happiness doesn't depend on other people but on your inner self.

Top 10 Professional Life Hacks

1. Don’t say "anyone.” Otherwise, everyone’s going to be waiting for others.
2. *Sound* decisive. Be punctual. People respect you for it.
3. Greet: hello/mornings/evenings/night (with a big smile)
4. Don't complain either about your colleague or senior with anyone- puts you in bad light.
5. till 28–30 focus on learning and gaining skills
6. ***Stop getting away from responsibilities, or, like, how will I do it*?** It sounds great when you willingly do things. Do more than is expected. And sometimes take credit as well.
7. *Always talk about your abilities with respect*. If you share your weaknesses, they will find it hard to remember your pluses.
8. **Take ownership of your mistakes.** When you realize you erred, it’s natural to panic. Instead of reacting instantly, stop and take a deep breath (or several times). Then, begin brainstorming possible solutions.
9. **Learn to accept constructive criticism.**
10. **Treat others as you would like to be treated.**

11. Always get out of your comfort zone. Ex: Don't ask for permission, beg for forgiveness. Get coffee with a new person once a week.
12. Be hygienic. Always smell nice. Always have neat hair and/or clean nails.
13. Understand what others want or the office politics, and don't react to everything that people talk about. act wisely. Mind your own business, but keep your ears open.
14. *Talk less and listen more. Always let your seniors believe that they are in power*.
15. Always report about your task and targets via mail, never believe in anything that has been communicated verbally, and ask for mail all the time as it becomes part of your proof.
16. never discuss problems discuss solutions.
17. If you're the second last person to leave the office, please check with the other employee to see if he/she needs any sort of help.
18. Have self-pride. Wherever your name is attached, it should be perfect work done with effort. If you do good work, more work will come in.
19. You cannot compare your first day or first year with someone else's 10 years of effort.
20. Have a great team and trust them. Discuss and ask, and together, brainstorming brings new ideas to the table.
21. Always have a sense of ownership if nobody takes responsibility you have to. 99% of people are replaceable and 1% are irreplaceable, and all organizations depend on that. Be that 1%

that never gets replaced. (Either reach or make your personality so good that it attracts. Ex: If you see a flower pot fallen on the stairs and ignored, you should take ownership and put it back. This is the attitude that we need.

22. Sir, Mam, Sorry, GM etc. are just the words which you should use. if you're not feeling like using then too. It all shows manners and respect towards the person which increase your's too.
23. Explain in detail and give pointers.
24. Never ever compete with a guy who works 24/7. There will always be somebody who knows/works better than you. Work efficiently as much as required for the day. That's enough. Have work life balance.
25. Never be close friends with your colleagues unless you know them since your college days. Most of them are friends with you because they need you.
26. Never be loyal to the employer. You are just another employee to them.
27. Have every word/promise written in mail . Anybody can turn their back at you.
28. Never show your anger to anybody in office.
29. play the game. Play politics
30. never tell people whom you hate or find annoying.
31. make friends with secretaries and PAs.
32. Never lose an opportunity when a senior leader asks you for inputs- that's the time for you to create visibility.

33. Never discuss problems, only discuss solutions. You will begin to stand out earlier on.
34. When you join a company, work really hard in the first 6-8 months & win the trust of your seniors. Once the confidence is developed, no one can ever doubt or complain about your performance & thats going to give you a good stay in that company.

Easiest Psychological Trick You Can Play

Some of the easiest psychological tricks to play on other:

- Saying 'You're right!' instead of 'I know' makes you look less like an asshole and doesn't diminish something someone else may have just found out.
- When somebody shy is speaking, if you look at them and nod your head, it encourages them to keep talking.
- Instead of asking, 'Do you have any questions?' ask, 'What questions do you have?' The first almost always results in silence, while the second helps people feel comfortable asking questions.
- If you need to deescalate someone and get them to communicate, ask them questions about numbers or personal information
- When you have something important to say to your kids, say it very quietly so that they listen.

They're immune to your yelling, but whispering gets their attention.

- To avoid workplace drama and be liked, compliment people behind their back
- Say hello to everybody you know, and say it with a s So little effort for a person to find you friendly!

Love & Relations Need This

1. **Relationship needs to be managed carefully.** Regardless of whether it is casual relationship or marriage, both parties need to work hard to manage. Only in this way can there be good results. Don't think that one person's contribution can have a perfect ending.
2. **Keep the freedom of love.** Only by giving both parties enough personal space can you cherish each other's feelings more. Don't try to understand everything, and don't ask too much about the other's past. After all, it is not good for your present.
3. **Refusal of the cold war after the quarrel.** Many feelings were defeated one by one by the cold war. If there is something, the two sides said that don't always rely on the cold war to solve the problem. In fact, this will not solve the problem, but will make the situation worse.
4. **Think for the other person.** Since it is a relationship between two people, you shouldn't think too much about selfishness and consider

the other person more. Only in this way can you gain sincerer feelings and make your love life stronger.

5. **Maintain an independent self.** In love, do not lose yourself, you must maintain an independent self, so that you can become abler to deal with feelings well, and also make your relationship more stable.

Best Relationship Advice

1. To make the relationship stable and long-term, to respect each other, and to be sincere to each other, so that you can feel loved and loved when you treat your relationship.

2. In addition, communication between husband and wife or lovers is also very important. Only timely communication can make the relationship better.

3. Sometimes you must learn to tolerate and forbearance, because in the relationship, sometimes there will be unavoidable things like this, tolerance is very important.

4. Tell you to love her. Some people say that you are already a lover, and there is no need to love you. In fact, on the contrary, it is more affectionate.

5. Two people have each other's hobbies, they can also do some things by themselves, have their own private space, so that they can take care of each other without disturbing each other.

6. Often travel together, so that two people can also enhance their relationship and at the same time enjoy different scenery.

Realities You Should Accept

1. You should accept that some people won't give you what you need.
2. You should accept that you have to be consistent with boundaries for people to take you seriously.
3. You should accept that you can't help everyone.
4. You should accept that you can't save people from themselves.
5. You should accept that sometimes, things don't happen for a reason.
6. You should accept that some people will ask for advice, but still won't listen to you.
7. You should accept that you can be kind and gentle and some people will see your boundaries as mean.
8. You should accept that some people won't like you no matter how much you try.
9. You should accept that change can be complicated even when you know what to do.

What makes a person attractive apart from looks?

Here are certain facts that truly influence attractiveness;

- **Solitude—** Someone who is comfortable with solitariness appear as perspicacious and confident to many. These people are highly attractive and stand out from the crowd, as they're considered to be self-reliant and simply enigmatic.
- **Mystery—** It's better to not be an open book at all times. Preserving certain aspects of one's life without divulging everything there is, will help maintain an aura of mystery. This will further captivate people who are attracted to you.
- **Articulation—** This trait is often overlooked. A person who is able to convey their thoughts succinctly and articulately, irrespective of the language used, appear intelligent to others and this elevates their charm by a mile.
- **Disposition—** There is a reason why people with a sunny disposition are admired, often regardless of their appearance. We are subconsciously drawn to them. On the contrary, a perpetually pessimistic attitude or a hot temper completely overshadows attractiveness, if any.
- **Sense of humour—** Adding to the aforementioned point, everybody appreciates a good sense of humor. The plainest man in the room can draw all the positive attention to himself by effectively using his humor. A sense of humor is a sign of intelligence and laid-backness which undoubtedly boosts attractiveness.

- **Empathy—** This is a trait that is on the decline lately. Genuine empathy is one such positive quality that is simply captivating, often more so than the outward appearance of a person. Men that are genuinely kind to children and animals are adulated by women. This is just an example as to how, empathy and compassion can quite literally change the way one is perceived by others.
- **Quirks—** Perfectionism is certainly awe-inspiring but can be daunting at times. Not everyone will feel at ease around a perfectionist. More often than not, people that are unabashed by their clumsiness are often seen in a positive light. Those that have their fair share of idiosyncrasies and awkwardness tend to be percieved as more attractive and genuine when compared to the perfectionist.
- **Ambitions—** Nobody would want to be continually surrounded by indolent and uninspired people. We are undoubtedly drawn to those that always strive to achieve greater things in life. With respect to Quora, this is evident simply by the number of followers that certain successful personalities here have garnered over the years. The heightened fascination with these individuals show how passion and ambition can essentially influence attractiveness.
- **Vulnerability—** In some cases, vulnerability may affect perceptions of someone. In this day and age where most are phlegmatic, being

vulnerable makes one appear more grounded and relatable. For instance, professor Jordan Peterson is adulated by many for not only his valuable insights but also for the constant display of vulnerability. On the other hand, someone with a stony disposition is rarely liked by others. Many such instances prove vulnerability to be a trait that easily impacts attractiveness.

Some Unwritten Social Rules

- Dress well no matter what the occasion.
- Always carry cash.
- Always getup when you're sitting and someone come to greet you.
- Always comment on good things don't keep in heart.
- If the phone is on the speaker inform.
- Chat to anyone who is sitting alone at a party or in a group.
- don’t have the impulse to sit near look-alike you. If everyone fulfils this, people who represent any minority will end up sitting alone.
- If feasible, avoid the plan to go outdoor if you have a runny nose.
- Do not swipe left or right if individual shows you a photo on their phone.
- Wave your hand rather than calling his or her name if someone is far or on phone or earphones plugged in.
- Offer a glass of water to the delivery man.

- People know the worth. If successful wear shirt of 300 it seems 3000 and if unsuccessful wear 3000 it seems 300. Don't show off.
- When anyone gets shouted at don't look at them. It's more awkward.
- Always open the door for the person coming behind you. Doesn't matter if it is a guy or a girl.
- Stop being late, it's irritating.
- When someone starts talking about their conditions, don't start talking about yours.
- Never ask a shy person what's wrong or ask them 'why aren't you talking more?' It only makes them feel more awkward.
- When visiting someone's house, carry something.
- When you open a gift, just say thank you. Don't say, "It's too expensive!"
- Being vegetarian or non-vegetarian is a choice. Don't ask anyone why it's so.
- Do not sympathize with anyone in public. This will embarrass a person more than be laughing at.
- Don't expect others to understand how hard you are working and living. Everyone doing.
- If you like working with smart people, be prepared to be used by them too. As well as Worshipped and learn from them too. Your attitude.
- Don't make suggestions; But when it comes to house, car, marriage don't give advice. Because these are very important things & if something

goes wrong you'll be blamed or they may stop talking to you.

- **Greeting Etiquette =** The 6S- Stand, See, Smile, State, Say, Shake
- Don't look at your phone when others are talking to you.

Best Relationship Advice You Ever Got

1. **Respect each other's differences.** In a close relationship, the most difficult communication is often because you can't accept the person who is different from you. But if you can do this in a relationship, you can create a sense of security for each other and you can have a real connection.
2. **Set a goal and implement it together.** It is like setting a time and doing some challenging things together, such as a long-time dialogue and discussing one thing for an hour. When two people have different ideas, it is easy to argue. But through communication and discussion, we can increase mutual interaction and understand each other's ideas.
3. **Do the same thing together.** Many couples regard their relationship as autonomous driving, but they don't have much interaction at home. However, if you can spend some time with each other every day, turn off the TV and computer, so that you can really chat with each other or do some interesting things together,

and find common preferences, the relationship will definitely warm up.

4. **Have constructive communication.** Instead of always discussing your needs. For example, if your partner is likely to be late, you should tell him, "if you are late, I'm afraid we will miss the scheduled dinner." instead of saying, "you must be on time, don't be late again! This will not only make him feel uncomfortable, but also may not know how to react in the first place.
5. **Resolve the emotional alarm.** When something goes wrong with your relationship, it's easy to push the problem to your partner. In fact, the best way is to change his perspective and situation to think about it, and then sit down and have a good talk with the other party. Because most people's biggest weakness is fear of being rejected. Therefore, if we can have good communication and discussion instead of attacking each other, many problems may be solved.

About Memory That Almost Nobody Knows

1. **Memory doesn't fade.** Everyone has trouble remembering something, such as forgetting what someone's name is, how to say "city hall" in French, and where the car is parked. It seems that memories fade, just as fruit spoils. But studies have shown that this is not the case. In

fact, our memory capacity is infinite. Anything stored in the brain, if not reviewed, will become more difficult to extract. What fades away is not memory, but the process of brain extracting memory.

2. **People like short line reading, but long line reading increases reading speed.** Although people like to read articles that divide the text into relatively narrow columns, when the width of the text is measured by the number of pages, people's reading speed will be greatly accelerated. What's more interesting is that people think that the wide and narrow column layout will increase the reading speed, but this only increases the visual pleasure.
3. **Memory reorganization.** Human beings regard their experience as a mini film, which is often reflected in their minds. They always think that human memory processing is like storing video on a computer's hard disk, in complete, independent files. This is not the case. Every time you recall something in third grade, your brain reorganizes it. What explains why there are as like as two peas in two memories? In fact, human memory changes over time and is influenced by other memories.
4. **It's easier to spend money when you're hungry.** Researchers have found that when you're hungry, you secrete a "hunger hormone," which increases our attention to food and exerts an influence on the brain that makes us salivate over food on the shelf. "This

hormone has an effect on the whole brain, people think that food is more attractive, and they become more generous when buying other goods," said neurologist dagger, who was involved in the study.

5. **People like to make choices that are beyond their ability to solve problems.** Recently, researchers conducted an experiment outside the supermarket. They first put six kinds of jam on the tasting table, and then they changed to 24 kinds. Later, researchers found that although 24 flavors attracted more customers, the number of people who bought six flavors was almost six times that of 24. This is because people tend to pursue quantity, but the human brain can only process a certain number of tasks at a time.

Intention must be Backed by Belief to Succeed

Belief is also necessary to receive the manifestation of your desire. When you set an intention for something, the universe provides it for you. But you cannot experience it if your belief prevents you from doing so. One of the most important beliefs to have is the belief that you are worthy and deserving of all things. If you want something but do not believe that you deserve it, then you will push it away even as you are attracting it. Updating your self-image is the key to retaining the things you have manifested.

It will be optimal when you have all levels of belief in alignment with your intent. The more you work on changing all your beliefs from the general to the specific, the more you will have complete power in manifesting your desire. Working on your thoughts and beliefs is how you evolve in consciousness and grow in spiritual power. As you rise in your level of faith, you can do greater things and accomplish more in life. It is all about perfecting the inner world to become a greater master of mind and manifestation.

Every belief can be made stronger by the references that support it. Find more references to reinforce your belief. If you want to believe that you are wealthy, look for signs in your life that support the idea. If you want to believe that you are attractive to members of any one, look for signs that show it is so. Your belief will initially bring those signs into your experience. The more you look for those signs and use them as references, the stronger your belief will become, which makes it more of your reality.

Facts That Life Showed You

Life you most know is not a bed of roses, that should be at the back one your mind.

Life itself can be filled with darkness, but this depends on how you view, it depends on how you want to embrace life.

My darkest moment is almost being sexually harassed by the one person you list expected,

That one person you call an uncle, you almost took him in as a brother,

Until he unleashed what was dangerous hidden in his dark mind.

But one thing I have promised myself is my darkest moment will be my list of worries.

This life is ones so make the best out of it, "they say" in the process of making the best out of it.

Your darkest moment might be the list of another man's dark moment.

My everyday life is a Thanksgiving, starting from my moment of birthday.

If you find fault in everyday life then, you might never find happiness.

Live everyday of your life like it will be your last day,

Every day is full of ups and down, it now depends on how you embrace it,

Remember even the rich also cries and the poor also cries

Amazing Psychology And Mind Tricks

1. Yawning is highly contagious. Yawning triggers a chain reaction. Next time try yawning and then look at the other people around you.

They'll most probably also start yawning instinctively.

2. If you suspect that your boss is going to yell at you in a meeting, try and sit close to them. Most probably they'll just take it easy on you because it's intensely uncomfortable to talk badly about someone and be aggressive at the same time when they're sitting right next to you.
3. When walking in the streets and you're in a hurry to catch an appointment, walk a little faster than other people and look intently just above the heads of approaching people. Don't look them straight in the eyes. Other people are likely to give way and you'll reach there faster.
4. **Want people to do what you want?** During conversations, when a person says a certain word, perform a nod, a smile or some other positive gesture. Soon, they'll be saying that word more often, looking for your positive response. This is a great psychological trick for conditioning people to give you what you want.
5. Have you been struggling to make your kids eat their vegetables? The trick is, instead of asking them if they want to eat spinach, broccoli or kale (or any kind of vegetable for that matter), ask them whether they'd like three or five pieces of vegetables. It'll make them feel as if they've made a grown-up choice and they'll still be getting their nutrients.
6. Do you have an annoying colleague in the office that's always bothering you at your desk? When

they walk over, simply stand up and walk them back over to their desk as you chat.

7. **This one can kill procrastination**. If you keep procrastinating about an important task you've been putting off for a while, simply try thinking about it each time just before you sleep. This will force your brain to act on it mentally and your brain will start to draw a pathway towards the completion of the task. This is how it works — before doing any task in the physical world, do it in your mind first. When you get to it in real life, the brain will have already processed a huge chunk of the task, making it easier for you to actually perform it.
8. One way to spot office romances is to watch people while they're laughing in a group of people. People tend to glance at the person that they feel closest to while they're laughing.
9. **Need to get enough information?** When you ask somebody a question, if the person answers only partially and you're not satisfied with the answer they give, remain silent for a while and keep eye contact. This will pressure the person into talking — only being aware that some people might get irritated. To do this successfully you'll also need to practice some guts.
10. Do you want to appear friendly and confident while meeting new people? Try and look the person in the iris of their eyes looking at each eye in turn. Don't look directly in the eyes. This a simple technique to maintain the optimum

amount of eye contact which is a sign of friendliness and confidence.

11. Practice the art of remembering people's first names. Names are something special for people. This is one of the most effective ways to make an impression on people and gaining their favors.
12. If you want to make an impression on people like your spouse and want to appear even more charming to them, try repeating their name throughout the conversation. Names are personal and they grab our attention, making us feel special, especially if we're being personally addressed and engaged with. Don't overdo it though, as you might appear somehow creepy.
13. Feet tell a lot about a person's body language. When having a conversation with someone, watch their feet. For example, when you approach a person and they turn their torso towards you instead of their feet, it's probably a sign that they prefer to be left alone. Also, if you're talking to a person and notice that their feet are pointing away from you, they most probably want to flee from you. Similarly, when talking to someone and they keep criss-cross their feet uncomfortably it's probably a sign that either they're afraid of you or lack self-confidence or they're lying to you.
14. **Are you feeling a little down?** Fake a smile. This tricks your brain into thinking that you're in a good mood. The brain and the body both

exchange feedback simultaneously, therefore consequently, one affects the other synchronously. Fake smiling engages similar neural networks as a genuine smile would. This means that faking a smile or any other expression of joy can uplift your mood significantly.

15. When your eyes are looking at something fixedly, your eyes inform the brain that you are actually stationary and, you may suffer motion sickness. Alleviate motion sickness by looking outside the window while pacing up and down the room. Your vestibular system tells the brain that you're moving. This tricks the brain into thinking you're actually not stationary.
16. If you need someone to do something for you, make sure you do them a favor first. This will make it much harder for them to turn down your request.
17. **Need a "Yes" answer?** As you ask a question that you want a 'yes' answer to, nod your head frequently. The person you are asking will work off your social clues and will be much more comfortable to say 'yes'.
18. Do you suspect that there's a stalker following you or think someone is watching you? If you want to be sure, yawn and then glance at them. If they start yawning, you caught them.
19. This is a trick to ensure that people remember you. Our memories are volatile. We tend to remember the beginning and the end of something, while the middle is just vague. To

ensure you make a good impression for example in a meeting, never stay in the middle. Get there first or last. Same technique works in job interviews. Go there first or last, although early is probably best for interviews.

20. **Want to eat an elephant?** Eat it one piece at a time. If you have a ton of content which you need to learn, try learning it in chunks of relevant information instead of trying to memorize the whole thing at one go. This technique of studying is a combination of two psychological processes called 'interleaving' and 'chunking'. For example, if you have a large amount of text to memorize, instead of cramming it whole, read two or three related topics about it and then get back to your main topic.
21. **Want help with your heavy load?** If you are carrying a heavy load like a pile of books or several bags of groceries and you want help, just keep talking to someone while you're handing them the pile. The majority of people will automatically take the pile from you without even thinking about it.
22. **Want to stop being boring?** Become a storyteller. Telling a great story will make you a people magnet, but avoid repeating yourself. You will know people are getting bored when you see them either yawning or becoming sleepy.
23. **Want to win over your opponent?** Ask them for a small favor. Trying to win over your

opponent can be an uphill task but asking them for a small favor could do the trick. Asking for a small favor actually tricks the other person's mind into thinking they like you. The 'Ben Franklin effect,' is a psychological phenomenon that tricks our minds into struggling to maintain consistency between our actions and perceptions.

Disadvantages Of Being Smart

1. Growing up being called a "smart kid" has made me quite the quitter. Many of us can't handle failure well because we are smart and so many things come easily, so when something is more difficult than expected or you aren't grasping it quickly enough, you can't accept the fact that you might not be smart enough this time.
2. The habit of putting in less hard work. You've heard all your life that you're smart. Most of the time you don't even need to work hard to get something, but when you do, you can't handle it and end up failing at it.
3. Dealing with less smart people. Come on, almost all of us will admit that there are stupid people around. Explaining things to them, or getting them to see the grander picture can sometimes be the most frustrating time sink one has to go through.
4. Parents don't help you because "you're smart, figure it out." Classmates are callous because you're the smart one who has all the answers. It

makes it difficult to ask for help when you need it. As a young adult, I still struggle with a give up mindset anytime things don't connect fast for me.

5. If ignorance is bliss, does a high IQ equal misery? You feel like an outcast in society. You don't feel like you belong in a lot of situations both personal and professional. This is not my personal opinion but what a lot of research says (I'm not gonna google it but I've read about it).
6. There's a constant burden of living up to others' expectations, but mostly, to your own. If you fail, you tend to lose self-confidence and multiple failures on top of loneliness might lead to mental health issues. As Ernest Hemingway wrote: "Happiness in intelligent people is the rarest thing I know."

Amazing Psychological Tricks And Hacks

Some amazing psychological tricks and hacks to learn today:

- If you are angry, draw lines. Simple patterns relax you.
- If you feel sad, paint a rainbow.
- Tell someone who is angry that they have every right to feel that way if you want to calm them down. Don't tell them to calm down.

- People who blush easily are generally more generous and trustworthy than those who don't.
- When you become really close to someone, you can hear their voice in your head when you read their texts.
- If you think somebody is giving you a fake number, read it back to them incorrectly. See, if they correct you.
- People are generally more honest when they are physically tired and stressed. This is why people confess things during late night conversations.
- Your thumb is the same length as your nose.
- When you're arguing with someone and start laughing, it will make them even madder. This is a great way to win a trivial argument.
- Daytime naps improve memory and cuts the risk of heart attacks.
- Want someone's number at a party? Take a picture with them and ask them to send it to you.
- Psychology says that people who are lying to you tend to look up and to their left.
- Silence tends to be the best way to let someone know that they did something wrong.
- Poor eyesight(myopia) is associated with higher IQ.
- People will be more willing to do something for you if you ask them in their right ear.
- If you feel hard to stay awake, drink two drinks: one hot and one cold. The combination

stimulates the senses in your brain-- you'll stay awake.

- The most unexpected relationships and friendships tend to significantly last longer.
- Psychology says men tend to forget but never forgive. Women tend to forgive but never forget.
- A person who enjoys being single is called Quirky alone.
- A person usually makes a lot of hand gestures when telling a true story. When telling a lie, a person's hands will noticeably stay still.
- If you brush your teeth (and other small tasks) with the wrong hand, you force the brain to work differently. This will improve your self-control.
- "Study without desire spoils the memory, and it retains nothing that it takes in." - Leonardo da Vinci
- When you get an email or text that infuriates you, wait about an hour to respond. You'll be surprised at how much rational you become.
- Smile before answering the phone. It will make you sound happier and will improve the quality of your conversation.
- Being surrounded by the color yellow helps you stay focused. Yellow color decreases the production of melatonin, a hormone which makes you sleepy.
- Adolescence is one of the period in life where humans sleep a lot.

- A liar might unconsciously place objects like book, coffee cup, etc. between you and themselves while speaking.
- Talking about ourselves triggers the same sensation of pleasure in our brain as food or money.
- Most of the problems in your life are due to two reasons: you act without thinking, or think without acting.
- The human mind can only maintain complete trust once for each person. Once broken, it's never the same.
- Words don't have power to hurt you, unless the person means a lot to you.
- The way you talk to your children becomes their inner voice.
- School doesn't test your intelligence. It tests your memory.
- People with the highest IQ stay up late at night because their brains have increased mental stimulations.
- If you stay up all night, your body will burn an extra 161 calories.
- The most common lie is 'I am fine'.

Some Good Facts About Human Psychology

1. If someone is angry with you and you keep calm, they may be more angry. But then they'll be ashamed of themselves.

2. If someone keeps talking and you can't get in the conversation, you drop something on the ground (key, pen, etc.), you bend down to pick it up and start talking. In this way, you can interrupt the other party without being noticed.

3. If someone is bothering you at your desk all the time, keep talking to him, but get up and walk back to his desk together. There was a boss who was very good at this before. He would take you back to your desk, and then you wonder how I came back.

4. When a group of people laugh, everyone will look at their favorite person.

5. Before the interview, arrive at the interview place in advance and chat with strangers for 20 minutes. This will make your brain feel familiar with the environment, which will make you more confident.

6. If you suddenly think of the ugliness that happened n years ago and feel very shameful, stop and think about the person who saw it. Can you remember the ugliness that happened to him? Not at all. Similarly, no one will remember your humiliating moments.

7. If you have no motivation to learn a skill (an instrument or a foreign language, etc.), tell yourself: OK, I'll sit down and learn for five minutes. Most of the time, you end up sitting for more than five minutes. Even if you only sit for five minutes, it's better than no trying.

8. People will associate you with adjectives you use on other people. This phenomenon is called "unconscious feature transfer". That is to say, if you say that a person is sincere and kind, people will associate these qualities with you. If you always speak ill of others behind your back, people will also associate these negative comments with you.

9. If you feel that someone is looking at you, you can look at your watch or where you wear it. If the person is looking at you, he will also subconsciously look at his wrist / watch.

10. If you are anxious in conversation and eye contact makes you feel stressed; you can try to look in the middle of each other's eyes. It makes you look friendly and confident.

11. If you love someone, your brain won't lie to that person.

12. People who lie to you tend to look up or to the left.

13. The longer you hide your feelings for someone, the more you love them.

14. Before you go to sleep, the last person in your mind is either your favorite or your most annoying person.

15. Tears contain a natural painkiller, which can relieve pain and improve mood.

16. We are the most creative in the evening and the least creative in the afternoon.

17. 90% of people like to send text messages to say what they will not say face to face.

18. Projection effect

It is easy for a person to impose his own characteristics on others, believing that the other party has the same feelings, wills and characteristics as himself.

We are all different individuals. The clearest way to express our feelings is to express what we want and what we want to do.

This will make the other person feel very comfortable with you, no pressure.

19. The more you care about someone, the more likely you are to behave badly.

Because the more you care about a person, the more difficult it is to control yourself, and the more likely you are to lose performance points.

And when you hold a normal heart, normal play, your personal charm will show incisively and vividly, more easily get the favor of the other party.

20. The right lover will make you better, which is the uplifting effect.

The more unforgettable you are to the person you love, the more you want to be better for him.

On the contrary, the more bad lover, let you become more and more devalued, more and more dim.

If you see yourself in the mirror getting better and better, Congratulations, you've found the right person.

Best Relationship Advice

1.Don't give him a chance to think of his ex! Don't mention his ex in front of him. The more you mention it, the more he can't forget it.

2. If you lower your expectations, you will have more happiness and less disappointment.

3. Learn to stop loss in time. If you find the following behavior, break up quickly!

Quarrel will move hands and feet; like to tease girls in social app; always add "my mother said"; always like to suppress you.

Break up the sooner, the better!

4. Don't show off how good your partner is. How bad your boyfriend is, don't compare him with others. No matter how good others are, it's not yours.

5. Similar to the promise to support you for a lifetime, *just listen to it*, don't take it seriously. Because the results may disappoint you. The moment he made a promise, maybe it was true. But over time, sincerity may deteriorate.

6. Be selfish and don't be too "romantic".

Don’t give up the University and work you want to do in order to get closer to him.

Don’t give up a hobby he doesn’t like but you love in order to please him.

Don’t alienate your friends who have been with you for many years in order to make more time for him.

To do so, even without him, you can still live well.

7. Be sure to protect yourself.

Don’t try to use sexual relationship to please each other. Girls are easy to lose in this aspect. In case of sexual relations, we must ensure that the other party has no infectious diseases, and take safety measures.

8. Remember, to fall in love is to “talk”, and then there will be “love”.

If there is any contradiction between two people, we must open it up. No one said, hold in the heart, then, these dissatisfactions will be accumulated again and again, and finally in exchange for the end of the breakup. You know, there is no sudden breakup, only years of suffering.

On the contrary, if two people can spread things out, communicate with each other, understand each other and correct each other, they will make progress together and their feelings will go further.

9. *A boy’s warm little actions* are more reliable than his sweet words.

For example, when shopping, I always help you put away the sunshade; when it rains, I always tilt my umbrella to your direction; when chatting, I always can't bear to listen to you say some troublesome things.

10. When you are dissatisfied, speak well so that the other party can really listen.

Accusing him in a scolding tone will only annoy the other party. Like, "why don't you get back to me? Are you still not my boyfriend? "

Say this: objective facts + your mood + your expectations. The advantage of this is that he will want to meet your needs and meet your expectations.

"I feel a little sad that I didn't hear from you this morning. If only I could get your reply soon."

11. Never say "*break up*" often unless you are serious. A relationship can't afford to be consumed again and again.

12. Whether you are 18 or 28, you should have your own coffer. It doesn't have to be a lot of money, but it has to be. In this way, you can pay for yourself, not always spend each other's money, live more natural and unrestrained.

13. I don't know if I want to continue to fall in love. You can ask yourself:

With him, care about this relationship is not only you? If you are the only one who is willing to give in to each other, to fight first, to make all kinds of concessions, and to communicate actively, you will be deeply hurt if you continue to talk.

Or you can ask yourself:

What did he give you in this love? Oral sweet words, unfulfilled promises, or long-term company, meticulous care? If it's just the former, you can turn around and leave.

14.Don't try to place your happiness on him. In this era, no one can give anyone happiness, it is very difficult to ensure their own happiness.

He said that you are fat, ugly, bad tempered and that you don't love him. Maybe he just wants to PUA you.

He praises you for your beauty, wisdom and gentleness, and says how much he loves you, so don't take it seriously.

We should not only believe that we are worthy of being treated gently by the world, but also have self-knowledge and know how much we are worth.

16. Don't fall in love for the sake of being spoiled, taken care of and praised by others.

Good love makes people grow up, not turn them into giant babies. If you blindly enjoy the benefits of being a giant baby, once the other party leaves, you will be like a baby leaving the swaddling clothes, at a loss.

17. Treat the other person as you want him to treat you.

If you want to receive his good morning and good night, you can send him good morning and good night every day. If you want to receive a gift from your heart on your birthday, you should prepare a surprise on his birthday.

Love is mutual, and no one takes you for granted.

18. No matter how he changes, don't make himself worse.

For example, constantly rummaging over old accounts, shouting hysterically, throwing things in anger, turning over the object's mobile phone to check the post, and crying at the thought of the other party's bad.

After the period of bread, you will throw away, after the period of love do not go back.

Psychological Tricks Can I Use In Everyday Life

- If you feel someone is looking at you, you can yawn. Then see if the person yawns the same way. If he did, he might be looking at you. Because yawning is contagious.
- If someone wants to make a fool of you in front of many people, you can be very polite to him, which will make him stop such behavior or make him look silly.
- If you feel that your boss is going to fire at you during the meeting, sit close to him. A person who is not very close to you or says bad things to you. result? His tone may be softer.
- The best way to learn and remember something is to explain it to others. When you explain to others, you will try to be concise, which will help you remember the main points and important information.

- If you have procrastination, but you have tasks to complete. You can think about it before you go to bed. This will prepare your brain mentally for this and begin to plan a route to the task. So when you really start doing it, it's much easier.
- This is an interesting little experiment. When you chat with someone, choose one of the words they say. Every time you say the word, you nod or do something positive. And then you'll see, they say it a lot.
- Do you want to be friendly and confident in front of people you just met? Try to remember the color of their pupils. Of course, you don't need to mention it to them. When you try this method, the frequency of your eye contact with him will just make you look friendly and confident.
- If you want someone to be honest with you, but he only tells you part of it, keep silent and look him in the eye for a while.
- If you are nervous before an activity or action, don't bite your nails or smoke. You can try chewing gum. Their brains are strange. When we eat, it will feel safe.
- Children don't like vegetables? Don't ask them if they want broccoli? (or any kind of vegetable) you can ask whether you want 3 or 4 broccoli. It makes him feel like an adult, able to make decisions and eat vegetables voluntarily.

Love is a Natural Painkiller

The power of love extends beyond the physical realm, influencing mental and emotional well-being. Scientific

studies have shown that individuals in loving relationships tend to experience lower levels of stress and anxiety. The emotional support provided by a loving partner can act as a buffer against life's challenges, promoting resilience and a more positive outlook.

In addition to its immediate effects, love has long-term benefits on overall health. Research indicates that people in strong, loving relationships tend to live longer and have a lower risk of chronic diseases. The emotional connection and companionship fostered by love contribute to a healthier lifestyle, influencing factors such as diet, exercise, and sleep patterns.

Furthermore, the impact of love on the immune system cannot be understated. Positive emotions associated with love, such as joy, gratitude, and contentment, have been linked to a strengthened immune response. Couples who share a deep emotional connection may find themselves better equipped to navigate life's challenges, both physically and emotionally.

It's not just romantic love that holds these healing properties. The love and support from friends, family, and even pets have been shown to have similar positive effects on well-being. Acts of kindness, compassion, and empathy—expressions of love in various forms—contribute to a more compassionate and interconnected society, fostering a sense of community and support that transcends individual well-being.

In essence, love emerges as a multifaceted elixir that not only alleviates physical pain but also enriches our lives in ways that extend far beyond the immediate moment. As we continue to unravel the complexities of the mind-body connection, the role of love in promoting health and happiness becomes increasingly apparent and inspiring.

When you have a disease, the person you love is around, which can significantly relieve the pain. Even looking at a picture of a loved one can relieve pain.

Meanwhile, psychologists have found that when couples hug, their brains release oxytocin. Oxytocin helps reduce headaches for up to 4 hours.

So if you feel tired, stressed or in pain, hugging your partner is a great alternative to any painkiller.

Brutal Truth About Relationships

• Your mental peace and disturbance depend on the same person.

• The breakup can either destroy you for a lifetime or can make your future.

• If it's a routine marriage then it is of no use and if it's for self-growth it can lead to greater heights.

• if the commitment is from both the person it can heal your past and if it's not then it's better to make them your past.

• The number of years invested doesn't guarantee a successful relationship.

• Their actions define your state of mind.

• Don’t keep Your expectations from the person it will get higher and higher over time.

• You may ignore your needs for your partner.

• Always Being dependent on your partner for your needs or wants is also toxic for your development.

• After coming into a permanent marriage, you will crave being temporary marriage.

The things that do not matter in life

• Trying to be perfectionist. *Trust me! You can't, never!*

• Trying to make everyone happy! *It's worthless*.

• To find a perfect partner for you. *First make yourself perfect and deserving.*

• Putting someone else needs before yours. *You can't love someone until and unless you love yourself.*

• Admiring everyone's point of view! *First find yours!*

• To go for temporary pleasure over permanent satisfaction.

• Expecting and complaining.

• Doing things for happiness. Don't! …. Do things for satisfaction.

Some Dangerous Psychological Tricks

- A person has the habit of banging his fist on the table hard when he is angry.

But he doesn't do that when there is flimsy glass table in front of him.

- A person has the habit of throwing whatever is there in his hand when he is angry.

But he may not do that when there is a $1500 brand new phone in his hand.

- A person has the habit of kicking something in front of him when he is angry,

But he may not do that when there is thorn bush in front of him.

So if you notice the *common-thing* here,

When a person is angry— most of the times— he subconsciously knows how to show it without hurting himself.

The extension of this behavior is,

You show anger only on people whom you think are not stronger than you and who don't have the power to harm you back.

For example:

When a server is pouring you water and it spills on your shirt, you will shout at him. But, when your boss is passing you coffee and it spills on your shirt, you might not shout. You may even smile 'It's okay.'

You will think twice before you show anger on someone who is more powerful than you.

But with people whom you think are lower than you or whom you take for granted, you show it effortlessly. Because you are clearly aware, they can't hit back at you or that they will come back to you irrespective of whatever you say during anger.

Don't always save your worst temper for the one who loves you the most.

Some psychological facts

1. First impression

Yes, first impressions are important. Research shows that you have about 30 seconds to make an impression on someone. That's the time a person uses to decide

whether they like you or not. You can consider wearing red clothes to attract people's attention.

2. Exposure effect

Do you feel that the more time you spend with someone, the more you love them? That's the magic of exposure. Studies have shown that people who spend more time with each other are more likely to feel attractive.

3. Chameleon effect

The most subtle and effective way is to imitate his / her actions. This is because we subconsciously mimic what we are attracted to, which is a sign of our interest in her or him.

If someone imitates you, they may be in return for your feelings. People tend to be *attracted* to people who behave like them,

This means that if you skillfully imitate a person's body language and behavior, they will be more likely to love you.

4. Pairing hypothesis

Do you notice that a lot of partners are close to each other in attractiveness, and that's for a reason. If the attraction level of both parties is similar, the love relationship is more likely to succeed ~ so in order to meet him in the future, now try to become a better yourself.

5. Make a fool of yourself

Don't worry too much about acting like a fool in front of your partner. In fact, depending on the clowning effect, it may help you. You will be considered easier to get along with.

6. Reveal a little secret

Telling someone a secret is the ultimate sign of trust, which will bring you closer to him or her.

7. Slight physical contact

Many studies have shown that *physical contact* can increase people's willingness to fulfill various requests.

Dr. Monica Moore of the University of Webster found that when a young man asks a young woman to dance with him at a party and puts his hand on her arm for a second or two, his request is more acceptable.

Some minor movements, such as a gentle rub on her / his arm during a conversation, can build a deep sense of love in the subconscious.

8. Be yourself

This is the most important thing to attract people. Although it sounds old-fashioned, it is 100% true. No one will like you who is no longer your own.

Successful married life

1.An interesting marriage is a long-term marriage - when your marriage is full of fun, you will find that it lasts longer. Everyone wants to be happy, and fun is a way to be happy.

2. Touch is important - people tend to associate touch with sex, but there are many other ways to do it. It can be a warm hug, a grateful pat, or a loving kiss. All touching is important.

3. Couples are connected by similarity - Having this in common provides a good foundation for you to build and maintain relationships. Common ground can also save you from adversity. Similar opinions will help you create a pleasant family atmosphere.

4. Differences keep sparks alive - just as some things in common make a marriage stronger, there are differences that are equally important to maintaining *relationships*. Different views on things may cause conflicts from time to time, but the opposite will eventually attract people. The calmness one feels can reduce another's impulse.

5. The economy is important - there's no denying that every marriage needs money. Money is an important reason for a successful marriage. Although money is not everything, it all comes down to money. You may not be able to buy happiness, but not having enough money will definitely increase your sadness and lead to conflict.

6. Marriage is Discipline not as love - In love, you can enjoy all kinds of romantic things, for example, a walk away trip, a date in a coffee shop, a movie together. However, *marriage* is not the same. When you plan to travel, you need to consider many aspects, you should also properly arrange parents and children's lives. In a marriage, you should consider three meals a day, the means of transportation to go out, how to allocate and save the living expenses and so on. Most of the time, you really can't care whether it's romantic.

7. Your mouth is your deadliest weapon - when asked what people in love hate most, they often say that they hate what each other says in a fight. What is most harmful to a relationship is often what we say. Remember, you always think before you speak.

8. A brief separation will help your relationship! —— I swear that if you stay away from your partner for a few days, you will realize how important he is to you and appreciate him more. You'll see little things that you've never noticed.

9. There's nothing wrong with early conflicts - usually when people have an argument in the first few years of a relationship, they worry about what will happen later. But the reality is that arguments can improve things. When you have a conflict early on, you will solve everything very early. But that doesn't mean arguing in the first few years of marriage is OK. This rule only applies to complete relationships.

10.Marriage works when you both want to get married- marriage fails only when one person gives up. If both of you really want a happy marriage, then a happy and satisfying marriage is what you deserve.

Shortest And Deep Meaningful Quotes

- If the heart has no place to live, we are wandering everywhere
- Negative energy is sometimes more healing than positive energy
- You have to fight for the life you want
- Youth is something you can't bear to hide for a long time
- Love yourself more than 50% in any intimate relationship
- True love always makes people better
- The farthest journey is from one person's heart to another's heart
- It's better to know yourself and be friends with yourself than to let others know yourself
- Reading may not give you a rich life. but it can rich ur life.
- For the indomitable, there is no such thing as failure.

Some Things You Realize As You Get Older

I realized this:

1. Your understanding of the world is based on your cognitive level. The way you deal with problems depends

on how you've dealt with similar problems or the way people around you have dealt with them. The best way to update the way you deal with it, see more.

2. The world has never been short of people who are passionate about something for a short time. What is lacking is a person who can persist for a long time and keep his feet on the ground.

3. Sometimes I feel that everything is the best arrangement! There are some things, some relationships and some things that don't need to be forced

4. To grow up is not to ask others for what you see and learn, but to open your mind so that you can accept and accommodate more people and things.

5. Don't complain, don't care about gain and loss. You are willing to do it because you want to do it yourself. Don't always think about giving and asking for the same return.

6. Listen more and speak less.

7. A man, see what he did, not what he said.

8. It's getting harder and harder to get used to a relationship.

9. Cherish the present, the present is always the best.

10. Choice is more than effort. Making the right choice can make your efforts get real value.

11. When you try to finish something, even if you don't reach your expected goal, the next time you encounter

something similar, you will find it easier to handle than the first time, and you can make a lot of progress.

12. In many cases, compared with failure, it is more regrettable to miss and give up when you can grasp the opportunity.

13. Money is the courage of young people to live in big cities. The balance of your card is the reason you can live on. With more income, you will have more confidence in what you like. The epidemic tells us that we can't just rely on one source of income to support the whole family.

14. Ten years ago, you were treated according to your parents' situation. Ten years later, others treated your parents according to your situation.

Understand About Life Until It Is Too Late

- Never lend money to your friends, you will lose money and friendship.
- Readers are leaders.
- Don't spend all your money today, hope to make more tomorrow.
- No one identifies with the poor.
- Stop thinking and start acting.
- Be modest. There's nothing to boast about.
- Live up to one's expectations and live according to one's true self.
- Learn to say"yes"and"no".
- Don't blame others for making mistakes.

- Work for yourself first.
- Today is very hard, tomorrow will be more difficult, the day after tomorrow will be sunshine.
- When you stop learning, you're going to die.
- It's normal to make mistakes because you're improving.
- Experience is not the best teacher. Learn from others' experience.
- Never tell your loved ones that you are too busy.

Signs of Narcissistic Personality Disorder

1.They always lead the conversation to themselves.

2. The response to criticism is anger, shame or shame.

3. Like to instruct others and let others serve themselves.

4. Be arrogant and exaggerate one's ability, hoping to be paid special attention.

5. Firmly believe that his concerns are unique in the world and cannot be understood by some special characters.

6. There are illusions about unlimited success, power, honor, beauty and ideal love.

7. Think that you should enjoy the privileges that others don't have.

8. Long for lasting attention and praise.

9. Lack of compassion.

10. Strong jealousy.

11. Narcissists, in order to better promote themselves and make themselves sound bigger, sometimes say that they know so and so famous people, so as to improve their status.
Not all narcissists are proud, but some are shy. When it comes to narcissists, people always think of loud and boastful types, but actually narcissists may be quiet and reserved. Experts explain that there are two types of narcissism: grandiose and shy. The expression of exaggeration is bragging or showing off; shy narcissists may not shout, but they will quietly imagine that they will be developed one day, and secretly hate others. Some narcissists are both pompous and shy.

13. External beauty is everything to narcissists. Everyone has a love for beauty, but narcissists attach too much importance to external beauty than ordinary people

14. Excuses are narcissists' best friends.

15. Narcissists may not know they are narcissists.

16. Men are more likely to be narcissistic than women.

Most Useful Social Skill

1. remember other people's names;

2. moderate negative feedback to others

3. Be a good listener and encourage others to talk about themselves;

4. talk about topics of interest to others;

5. Smile — With Feeling!

6. Listen (Not Just With Your Ears).

7. Use Verbal Confirmation.

8. Conversation Recall: Prove You're Paying Attention.

9. Sincere Compliments

10. Avoid Issuing Orders — Ask Questions Instead.

How can Get Command On Others

Everybody wants to be liked and respected.

But while it’s impossible to be liked by everyone, it is possible to command respect from everyone.

This is because respect is about being steadfast in your convictions.

You’ll never please everyone, but you will be respected if you stick to your principles and remain true to yourself.

1. Respect other people

Let's call this the "chicken-and-egg relationship". If you respect other people, then they'll be more likely to respect you.

It doesn't matter who you're dealing with, whether you consider them "lower" or "higher" than you, it's imperative that you give them the respect every human deserves.

If you talk down to someone or suck up to others, you're losing the sense of your dignity.

And as soon as that happens, respect is lost.

2. Always keep your promises

How do you feel when someone says they'll do something and they never get around to doing it?

I don't know about you, but they lose respect in my eyes.

If you want to be respected by others, always keep your promises. It's as simple as that.

3. Let your actions speak louder than your words

Walking around boasting about how great you are is a surefire way to lose respect from others.

Nobody respects someone overly arrogant, especially if they never back it up with action.

If you want to be respected by others, realize that your ego and words mean nothing.

What really matters is your actions.

4. Help others

Don't think just about yourself. No one respects a selfish person who only acts when it benefits them.

If someone asks you for help or you see an opportunity to help others, then make sure you step up to the plate and do what you can.

Helping others is one of the easiest things you can do to gain respect from others.

And generally, when you help others, you're more likely to receive help when you need it yourself.

5. Ask for help when you need it

It's tough to ask for help. Some of us see it as a sign of weakness.

But surprisingly, showing vulnerability is an excellent way to gain respect from others.

It means you're willing to open up who you are and let other people help you.

Most people are very happy to help others. It makes them feel good.

And when you develop a bond with someone else because of a shared experience, you're more likely to gain some respect.

6. Be honest

Being honest and straightforward is a really important part of respect. It's hard to trust someone who has hidden intentions or is vague.

Make sure you're sharp with your words. Get to the heart of the matter, and don't hide what you honestly think.

Clear thinkers can express precisely what they mean in a short number of words.

And those kinds of people are people others respect.

Even if other people disagree with you, staying true to your words and standing up for your beliefs will gain respect from others.

7. Strive to be a better person

So many of us just scrape by without ever really improving.

But if you want to gain respect from others, then you must constantly improve yourself.

This means learning from your mistakes and failures, listening and learning from others, and having the self-awareness to recognize when you could have done better.

8. Take responsibility for your mistakes

It's hard to respect someone who never admits they're wrong. It's emotionally immature and doesn't lead to improvement.

So if you want to gain respect from others, take responsibility for your actions even when you've made mistakes.

Don't make excuses or blame outside people or circumstances.

Take ownership of your mistakes and learn from them.

It's the only way to grow; if you're always trying your best and striving to get better, other people will respect you.

9. Be kind to others

Nobody respects an asshole. If you want to be respected by others, then you need to live by the golden rule: treat people the way that you want to be treated.

Not only does that mean respecting them, but it also means being kind and compassionate towards them.

Say good morning to people, ask them questions, and listen to what they have to say.

The kinder you are to others, the more likely they'll be kind to you.

10. Be open to hearing other people's perspectives

You can't always be correct.

There are always good reasons why people believe what they believe.

Respect their thinking process and be open to listening to their perspective. Listening is probably the biggest sign of respect you can show someone.

And who knows, you might learn a thing or two as well!

11. Be optimistic about others

It's hard to respect someone who is always complaining. Try to find the silver lining in difficult situations. And try to look for the good qualities in difficult people. The more positive you are, the easier it will be for people to like you and respect you.

12. Give credit where credit is due

Taking credit for other people's actions is a surefire way to lose respect from others.

Don't get lost in your ego and take credit for something you didn't do.

Recognize others for the work that they do. You'll be more likely to gain some respect in the process.

13. Have strong principles

Do you have strong principles?

Someone who has no solid convictions or principles is difficult to respect.

Make sure you stand for something in your life. It could be kindness to others, always sticking to your word, or treating other people the way you want to be treated.

Whatever it is, make sure you have three strong beliefs you never compromise on.

People will respect you for holding your ground and standing up for something.

14. Be proactive

Take control of your life. Don't wait for direction from others. Back yourself and do what you know needs to be done.

It's hard to respect someone who never takes action and waits to receive instructions.

Get into the habit of figuring things out for yourself, and don't be afraid to challenge yourself.

People gain respect from pushing through challenging situations.

15. Stop apologizing

You might think you're being nice when you apologize, but apologizing too much can look weak.

Sometimes you might make genuine mistakes, and you should apologize for them.

But you don't need to apologize for asking a question to someone.

When you apologize in every situation, you put yourself down and lose respect from others.

16. Don't waste other people's time

Being constantly late to meetings or catch-ups shows that you don't really respect other people's time.

And that means that you don't respect them.

Make sure you're always on time.

This also means being straightforward and getting to your point fast.

Be succinct and respect people's time. They'll be more likely to respect yours.

17. Don't gossip about other people

Nobody respects someone who talks about people behind their back. You can't trust someone like that.

This all comes down to the golden rule. If you don't want people to talk about you behind your back, don't do it about other people.

18. Practice humility

You don't know everything. You're not always going to be right. And you're certainly not better than everyone else.

People don't respect someone who is always looking down on people.

There is always something to learn from everybody.

19. Stop being too nice

Kindness is good. But doing everything for everyone with the sole intention of gaining respect will just make you a doormat to other people.

Nobody respects a pushover. You'll come across as inauthentic if you're too nice to everyone.

20. Learn to say no

Don't feel guilty for saying no. You can't do everything. And if you always say yes, you'll inevitably let people down because you won't be able to stick to your word.

You also don't need to agree with everyone, especially your superiors.

Have some backbone and stand up for what you believe in and are capable of.

If that means saying no, then so be it.

21. Respect yourself

This goes without saying, but if you want others to respect you, you need to respect yourself. Don't put yourself down. It doesn't help to be pessimistic about yourself.

Remember your strengths and learn from your mistakes. You'll gain confidence when you remind yourself of what you're good at.

22. Speak up when you're being mistreated

Don't let other people run all over you and take advantage of you.

It's hard to respect someone who never stands up for themselves.

You don't have to get angry, but make sure you stand up for yourself when you need to.

Do it diplomatically and sensibly.

It's not easy to do, but people will respect you when you stand up for yourself and what you believe in.

23. Stand up for other people

In the same way, if you ever see injustice or something that goes against your moral principles, don't be afraid to call it out and stand up for the person being mistreated.

It doesn't mean you need to start an argument or a fight. But it does mean that you need to be comfortable with confrontation once in a while. Just make sure to be calm and diplomatic.

24. Control your emotions

It's hard to respect someone who hasn't got a hold of their emotions.

So, take a step back and curb your instant reactions and emotions.

It’s good to be yourself and shows enthusiasm. But make sure you’re always in control instead of letting your emotions get the better of you.

Don't Build Any Emotional Relationship With This Kind Of People

Narcissistic individuals prioritize their own needs over yours, leaving you feeling depleted and undervalued.

1. Toxic friends bring ongoing drama and negativity into your life, lacking the support that's crucial for your emotional well-being.
2. Chronic complainers continuously vent without taking steps to better their situations, draining your emotional energy in the process.
3. Unreliable individuals repeatedly break promises, making it challenging to forge strong emotional bonds.
4. Chronic liars undermine trust in relationships, hindering the establishment of meaningful emotional connections.

Something You Wish You Had Known Sooner

1. **Nobody gives a fuck, if you die tomorrow -** Except some key people.
2. **Eat well, eat right and hit the GYM-** It will lead your health.
3. **Focus on optimization, not perfection-** You become a great artist by making 1,000 terrible paintings until you make 1 that’s of any value.

4. **Don’t just grow your earning, grow your ability to earn-** If you work on your job, you’ll make a living. But if you work on yourself, you’ll make a life worth living.
5. **Life is a simulation-** Leave your dead-end job and start the company you've always wanted to.
6. **Say No to procrastination-** It will delay your success.
7. **Keep lists short-**Keeping lists succinct allows for more focus and better performance/progress.
8. **Confidence is all there is -**You need to develop your sense of confidence with small wins and victories until you have an unshakable sense of self and core confidence.
9. **Talk Less, impact differently-** Instead of talking much, you can make sure that you project : your attitude, your character, your behavior. These traits impact more than words.

Lessons from Elder’s Life

I feel so lonely. I feel like people, my friends they don’t even remember me, I feel no one really care about me, my family is also busy with their life. I have no one to talk to. What should I do?

Same here. But am not worried.

It's the time to explore your potential all alone.

Life will not be the same like today.

People look at you and search for you when you become an inspiration.

How should I live when no one cares me?

- *Never expect people to bother you.*
- *The love you need from outside is in waiting to see you.*
- *Now it's the time to work. Work with your intelligence. Build a career for you.*
- *Let people to feel your presence through it.*
- *Become a force by yourself.*
- *That force brings people closer to you.*
- *They Would shower their love.*

And that love you see is temporary.

People will come for their convenience.

Once their purpose gets solved, they leave you all alone once again.

This cycle repeats as long as you live.

That is life.

..

- *Life is all about comforts.*
- *The comfort of the companion.*
- *The comfort of love.*
- *The comfort of getting rewards.*
- *The comfort of being successful.*
- *All those comforts are temporary.*
- *...*
- *Enjoy the comfort of being alone.*

- *And that is permanent.*
- ..

A loner is a potential person who don't waste his/her energy.

A loner is a giver.

Give all that you can.

Give your love. Don't expect it back.

That giving nature would keep you alive and energetic.

And

People will remember you..

even after your biological death..

Most Awesome Psychological Facts

1. People who spend more time in the sun are likely to be happier.
2. The way you dress is linked with your mood, so dressing well most often helps in keeping you more stably happy.
3. Doing things that scare you will make you happier.
4. The happier we are, the less sleep we require.
5. Your favorite song is your favorite because you associate an emotional event with it.
6. Singing reduces feeling of depression and anxiety.

7. Women generally prefer men with deep husky voices because they seem more confident and not aggressive.
8. Any friendship that was born in the period between 16 and 28 years of age is more likely to be robust and long lasting.
9. Be a reflection of what you'd like to receive. If you want love , give love. If you want truth, be truthful. If you want respect, give respect. What you give out will return to you.
10. Continuous hand movement signifies that a truth is being told, while hands remain still when a person lies.

Identify Intelligent People?

1. Intelligent people are very creative.
2. They know the value of time, so they act on purpose and plan.
3. They are committed.
4. They are curious.
5. They see opportunities where others see faults.
6. They believe in continuous learning and self-development.
7. They love to read books.
8. They change with changes!
9. They have self-control.
10. Intelligent people take risk in life; average people play safe in life.
11. They fear nothing but mediocrity.

Psychological Facts About Attracting People

1. Seek first to understand, than to be understood.
2. If you want to get attention from someone, then act like you don't care about him/her.
3. People with a great sense of humor are attractive.
4. People judge you the moment, when you walk into the room.
5. Mostly people judged you looking by your shoes.
6. When you walk into a room, assume everyone likes you - This is the key to confidence.
7. Making eye contact with a complete stranger could promote attraction and intimacy.
8. Women judge a man to be more attractive when they see other women looking or smiling at him.

Some Life Lessons

1. If a relationship has to be a secret, you shouldn't be in it.
2. Don't waste your time arguing about what a good man or woman should be. Be the one!
3. A good relationship is with someone who knows all your insecurities and imperfections but still loves you for who you're.
4. People don't always need advice. Sometimes all they need is a hand to hold, an ear to listen and a heart to understand.
5. Compound interest will do wonder for you if you start early and be consistent. Use this principle in investment, love, health, and happiness.

6. Talk with people who make you see the world differently.
7. Listen carefully to how a person speaks about other people to you; this is exactly how they will speak about you to others.
8. Postures are powerful. Learn how to sit and how to breathe. It can directly control how you feel within yourself.
9. No matter how you feel, get up, dress up and show up.
10. People, who ignored you when you were unsuccessful, will pretend to be your well-wisher only when you become successful.
11. Never forget the person who has been there for you during your toughest times and be there for them when they need you.
12. Never let anyone to decide about your future, take control, take risk.
13. Believe in yourself.
14. Good things take time, so have patience and don't give up.
15. Take a deep breath!
16. Be grateful for this moment, it is all there is.
17. Cut down entertainment & increase infotainment.

Things you should never try in life

1. Never go for a relationship just because someone is physically beautiful. (**Character!**)
2. Never cheat in relationship. (someone who truly loves you, will get hurt badly.)

3. Never ever shout at your Parents.
4. Never ever try alcohol or cigarettes! It might look cool at first but once you get addicted it will be very hard to come out of it.
5. Never try to end your life. You're only bringing pain to your loved ones.
6. Never compare your lifestyle with anyone else in this world. You're where you are for a reason.
7. Never beg for Money, Love, Attention, Help, favor. Earn it!!
8. Never waste time on people who can't accept you for who you are.
9. Never listen to other who doubt on you.
10. Never lose hope in yourself whenever you start, start something new.
11. Never give up on your dreams.

Hardest Truth Of Life

1. "Survival of the fittest" rule applies everywhere.
2. Money and position matters a lot.
3. Everyone wants to be successful but only few work hard.
4. If you don't pursue your dreams, you'll be a slave for someone else's.
5. Only you can change yourself to be who you want to be.
6. Having a spouse is not a cool thing, it's a responsibility.
7. Trust but verify, even a white rose has a black shadow.

8. People are meant to leave. Those who wants to stay will eventually make efforts to be with you.
9. The perfect partner doesn't exist.
10. You will know the value only if you lose it.
11. Never waste your time. Use it wisely.

Most Important Rules To Life

1. Be your own hero.
2. Treat your body like a temple.
3. Never give up your passion for anything.
4. Seek the lesson in the hardships.
5. Everybody wears a mask. Don’t get easily influenced.
6. Learn to love your own company before seeking a partner
7. If someone is giving you time, Appreciate.
8. Keep secret as secrets, if you reveal then you're loosing a good value.
9. Run from fight, but when one starts don't back down.
10. Alcohol and drugs are useless.
11. Change is inevitable.
12. No expiration to knowledge keep learning.
13. Work like hell.
14. You are gonna die one day, accept the fact.
15. Give, give and give.

Some Most Important Unspoken Rules In Life

1. Everyone likes somebody who gets to the point quickly.
2. If you are in love with someone, tell them. You never know, you can have the best love story ever. If rejected, never mind. Life must have something better for you.
3. Love and Respect are a matter of earning. You can't force someone to love you or Respect you. You will have to earn it!
4. Never cheat in relationship. Someone might have lost everything just to win your heart.
5. Sex is the most important part of any married relationship. If you're not emotionally and physically close, you're heading for separation.
6. Never do serious discussion in phone. There is a huge chance for misunderstanding to occur. Do it in person—face to face—as much as possible.
7. Never try to change people. They will when they have to.
8. Sometimes you have to remove certain people from your life, even if they're very close to you.
9. Your success is your Only reality. Nothing else is. Nothing else can be. Nobody gives a shit about your hidden inner grandest intention. Intelligence solves problems. Intention is the beginning only.

10. The most successful people have also seen epic failures. Perseverance is more important than talent.
11. When you're sick of your own life, that's a good time to pick up a book.
12. Life is not about gaining anything. It's about learning to continue with our loss. We lose our childhood, we lose our friends, we lose our youth, we lose our parents and children and one day we lose ourselves to death. Sometimes it's not really exciting to be alive but we must learn to bear, to continue despite everything. You never know what you could become only if you continue.
13. If you want to win the race , you have to take part in it. You can't win the race without participating in it. Even if it costs no money, nothing is free if it takes time.
14. No matter what you do in life, there will always be a bunch of people who will hate what you do. Ignore them
15. Try eliminating the negative people from you life.
16. Your life is a movie, make sure you are the Hero/Heroine in it.
17. Always, and always, stay humble! It brings great goodness.

Signs of Maturity

1. When you know your priorities.
2. When you started caring about your health.

3. When you want to sleep less and work more.
4. When you realize, Money matters in life than beauty. I repeat, Money matters a lot.
5. When you let go every habit from your life which can affect your future.
6. When you stop comparing with others.
7. When you accept people for who they are.
8. When you understanding the difference between *love* and *lust*!
9. When you realize, your mistakes and tries to correct it.
10. When you don't care much about what people say on your back.
11. When you don't get into useless discussion and arguments.

Some Hacks That Everyone Should Know

1. Breathe deeply for at least two minutes. Focus on your breaths.
2. Drinking lots and lots of water has a very positive effect on your skin, it remains fresh and pimples too are significantly reduced.
3. Make your eyes smaller at times when talking to people. They will feel you are paying more attention to them.
4. No one will disagree with you. Use these word “I believe”, “I think” and “I feel”
5. While telling a lie adding an embarrassing detail can make it more believable.

6. When feeling depressed, do some cleaning. Straightening out the physical aspects of your life can also bring clarity to the mental ones.
7. Yellow highlighters don't produce a shade in the photocopy.
8. If you have difficulty remembering a formula or some chapter, learn it first day and revise it next three days. This will help remembering it for longer time.
9. If you want to quit smoking, lick a small amount of salt with your fingertip whenever you feel the urge to smoke. This is said to break the habit in one month.
10. Listening to ambient music or music that fades into the background helps boost creativity and productivity.
11. Learning a new language? Try finding the translated version of a book you loved to read between the ages of 9-12. You'll probably know the content and the brain can process it faster!

Beautiful Truths Of Life

1. No one's perfect. So stop cursing yourself.
2. You can always start your journey from 0.
3. Life is a series of thousands of tiny miracles. Notice them.
4. Smile through tears is the most beautiful thing.
5. No matter how much you earn, you will eat food only not money or diamonds.

6. Do something you love EACH and EVERY day to maintain your health and happiness.
7. Believe you can and you're half way there.
8. To shine like a sun, we must first burn like a sun.
9. Individual work is better than teamwork.
10. "I trust you" is more powerful phrase than "I love you"
11. Sunsets remind us that each day is beautiful and precious. Even today.
12. Life goes on and it will find its own way, no matter what happens.
13. The past is already written, Try to write a wonderful future.
14. Life is Unfair. Make it Fair.
15. If you seriously have a burning desire to get something, you will get it.

What did you learn too late in life?

1. Your health should be your priority.
2. Never do business with close friends, especially family.
3. Emotional support is almost a myth. If you receive it, then you are damn lucky.
4. If you're in love, and feed by insecurities often, walk away without second thought.
5. Love can't happen twice, its just a transfer of feeling to same attributes
6. Learn the art of saying "NO"
7. Don't confuse with the words like *friend* or *best friend* or *love* or *stranger*.

8. Never share your problems or failures to others because there are only few people to feel sad for you and rest would be happy to hear more of your failures.
9. Having boundaries is a must so people will not take advantage of you.
10. You *must* have the deep patience to overcome from your bad times.
11. Its only after experiencing depression we could feel what depression be like.
12. Spend time with mom and dad whenever you feel as a failure. Trust me, no one except them can support you with their all.
13. Your goal doesn't care about your feelings.
14. Money and man together can create a disaster!
15. Everyday improve yourself.
16. Patience is power!

People Should I Not Trust In Life

1. People who have no backbone or opinions of their own. These people are spineless and often change their own opinions to match or satisfy others. They are a brittle reed that breaks with the slightest pressure or change in wind.
2. People who are always sweet in front of you and agrees to whatever you say. The most dangerous kind of people.
3. People who confuse you. Anyone with a clear heart would never make you feel so.
4. People who gossip with everyone. It's not a problem if you share everything with one

person or two. But there are people who'll gossip with everyone about everything. I believe such people are the ones who just get entertainment out of it and can't keep any promises or secrets.

5. People who tell you that they haven't studied or completed the project and out of nowhere their project appears or they score well in exams. Every school/college has such people.
6. People who always de-motivate you. Best friends do not de-motivate you. What they say is different and in a kidding way. But some just can't see you happy.
7. People who don't pay their share when you go out for dinners or excursions with them. This shows that they don't value people and relationships.
8. People who seemed nice at first glance, but are actually harsh and crass. They are good at deceiving the majority of the world, you included, because of their constant lies and vigilance, but once you hit the first layer of their real personality and recoil with disgust, stop digging. It only gets worse.
9. People who break up and then get back and then break up and then get back, and this cycle continues till one of them gets someone better. Break up is break up. There's no getting back again. People don't change.
10. People who lack empathy for others. Such people do not treat others fairly. They are selfish and self-centered. They just think about

themselves even if it means doing wrong to others.

Strange Psychological Facts About Overthinking

1. Overthinking can lead to decision paralysis, making it difficult to make choices.
2. Overthinking can negatively impact relationships by causing unnecessary doubt and worry.
3. Over thinkers often have difficulty letting go of past mistakes or regrets.
4. It can hinder problem-solving abilities by focusing on negative outcomes.
5. Over thinkers tend to have a heightened sense of self-awareness.
6. It can lead to sleep disturbances and difficulty in falling asleep.
7. Overthinking can lead to physical symptoms like headaches and muscle tension.
8. It tends to be more common among perfectionists who strive for flawlessness.
9. It can drain mental energy and make it challenging to focus on the present.
10. Overthinking can create a cycle of negative thoughts and self-doubt.

Seven Cognitive Behavioral Techniques for Stress Relief!

Stress, burnout, and physical exhaustion have become a way of life for many people. In our fast-paced, demanding world, it's essential to find effective ways to manage and reduce stress to maintain both your physical and emotional health.

The ways stress manifests can often be traced back to our habits, thought patterns, and feelings. However, there are cognitive behavioral techniques that can help you regain control over your stress levels and improve your overall well-being.

1. **Be Organized:** One of the primary sources of stress is disorganization. It's frustrating when you can't find the project, list, or information you need to work on. Being organized is a key to managing this stress. Develop a system that works for you, whether it's a digital task manager, a physical planner, or a combination of both. Keep your workspace tidy and labelled to minimize the time spent searching for essential items.
2. **Prioritize Tasks:** Not all tasks are created equal. Making a list of what you want to accomplish is a great start, but it's equally crucial to prioritize these tasks. Focus on

completing the most important ones first. This way, even if you don't get through your entire to-do list, you'll have tackled the tasks that matter most.

3. **Flexible Scheduling:** Life is unpredictable, and rigidity can breed stress. Allow for interruptions and changes in your schedule. If you've planned every minute of your day, unexpected interruptions can leave you frazzled. Instead, create a flexible schedule that can accommodate unforeseen events and still help you achieve your goals.
4. **Manage Expectations:** Stress often arises from unrealistic expectations. Understand that you're not superhuman, and you can't complete three days' worth of work in a single day. Avoid procrastination and don't pile up work until the last minute. Setting realistic expectations for yourself and others can reduce the pressure you put on yourself.
5. **Take Regular Breaks:** Taking short breaks during the day can work wonders for your stress levels. It's like shifting gears, allowing your mind to rest for a few minutes while you do something enjoyable, not just work-related. Stepping away from your tasks, even

for a brief moment, can help you return with a clearer mind and increased focus.

6. **Physical Activity:** Incorporate exercise into your daily routine. Even a short walk can make a significant difference. Physical activity not only helps to burn off stress but also triggers the release of endorphins, which are natural mood lifters. Find an exercise routine that you enjoy and can stick to.
7. **Relaxation Time:** After a long, stressful day, make sure to allocate time for relaxation. Engage in hobbies or activities that you enjoy and that help reduce your stress. Whether it's reading, gardening, or pursuing a creative passion, find time for activities that help you unwind.

Stress is an inevitable part of life, but how you manage it can significantly impact your overall well-being. Cognitive behavioral techniques are powerful tools to help you identify and change thought patterns and behaviors that contribute to stress. By incorporating these techniques into your daily life, you can regain control over stress and lead a calmer, more relaxed, and healthier life.

In summary, being organized, prioritizing tasks, accommodating interruptions, managing expectations, taking regular breaks, engaging in physical activity, and finding relaxation time are essential components of a comprehensive stress management plan. By implementing these cognitive behavioral techniques, you can develop effective strategies to handle stress and prevent it from overwhelming your life. Remember, stress management is a journey, and these techniques can help you find a more balanced and relaxed path in the midst of life's demands.

Psychological Facts About Happy People

1. Happy individuals often have stronger social connections and enjoy fulfilling relationships.
2. They tend to be more productive and successful in their personal and professional lives.
3. Happy people have been found to live longer than those who are consistently unhappy.
4. Happy people tend to have stronger immune systems, which can contribute to better overall health.
5. Happy people are more likely to engage in acts of kindness and generosity towards others.
6. They have higher levels of self-esteem and self-confidence.
7. They have a more positive outlook on life and are more resilient in the face of challenges.

8. Happy individuals have been found to have lower levels of stress and anxiety.
9. They tend to have better coping mechanisms and are more adept at handling life's challenges.
10. Happy individuals often have a more optimistic and positive mindset.

Laws Of Womanhood

1. Feel proud that you are a woman. Most beautiful creation of God. So never compare your femininity with men’s muscularity.
2. Accept the fact that you cannot produce a baby alone. A man shares equal responsibilities with you. Admire your strength and the fact gracefully.
3. You are born special to carry out different responsibilities. Don’t hesitate or grumble to fulfill those responsibilities. Feel proud for yourself.
4. Never support pseudo feminism in the name of female empowerment.
5. If you want to compete with men no problem. But be financially independent and choose your husband as per your qualifications.
6. Never play with the emotions of Men. Taking advantages in their weaker moments don’t empower your femininity. Never ever trap a man and later accuse that he trapped you. It’s your responsibility to save yourself from men instead of blaming them.

7. Be financially strong enough to live your life independently when you need or want.
8. If you want to sleep with men, then sleep ……. not an issue. But please don't accuse them afterwards for using, molesting or raping.
9. If you want to make yourself strong independent woman, educate yourself properly and earn to empower yourself.
10. Don't advertise your beautiful body by exposing. If you are comfortable in sharing your body, then men will not hesitate to pose in hot pants and chiseled chest.

Lessons Learned In The Corporate World

1. Learn to dress properly. Remember the way you dress is how you will be addressed.
2. Never let your colleagues or boss bully you, learn to speak up and stand your ground.
3. Do not trust the management and the HR, everybody is just covering their ass and using you to cut the budget.
4. Try to understand diplomacy, this will help you a lot in maneuvering office politics.
5. Do not let your boss or supervisor take advantage of you by making it look as if employing you is doing you a favor. Let them know that employer and employee is just business transaction.

6. It is either you working to learn or earn, if none of the two is the case, then move.
7. Working hard is not going to earn you a bonus or promotion, Don`t be too hard on yourself, acquiring more skills on the job is what makes you more valuable.
8. Don`t be a workaholic that works too hard and even skips breaks! A lot of employees work hard to oppress which is overrated! Work smart to impress and that's underrated.
9. Avoid office gossip! Gossips spread faster than a virus! and that destroys your reputation.
10. Do not beg for promotions and recognitions, these should come automatically or else change employer!
11. Always know the difference between office life and private life, don`t mix the two up.

What we learned from reading books?

• Writing is a most suitable hobby to express your feelings.

• Writing is a first step towards self-realization.

• Writing is the most beautiful way to make your mind picture/imagination clear.

• writing make it easier to remember it for a longer period.

• There are many people obsessed with writing.

• We can achieve anything with consistency.

• There are many people to encourage you and few to criticize you.

• You are helping someone unknown at somewhere in healing with their traumas and acknowledging them.

• Writing can make feel the connection between an author and the reader.

• 'I can also write a book'

Lesson That Life Has Taught You

• Working on yourself is a lot more satisfied than pleasing others.

• The reality is you are the hell responsible for your present situation. So, stop blaming others.

• love is not selfless. It also craves some expectations from you. But the love never ends even if you didn't fulfill the expectation.

• Efforts are given but it is rarely realized by the other person.

• Words spoken and deeds done in excitement and anger only worsen the situation.

• The quality of life depends on the quality of your thoughts.

• If it's still in your mind, it is worth taking the risk.

• Realize until it's too late.

• Forget it, you tried, move on.

Things That Drive People Insane

• Popularity or fame.

• If you say bad about their character.

• Comparing them.

• If you're always happy and chill.

• Criticism.

• if you point out their ego.

• When their expectations are not met.

• if you denied doing whatever they want.

• When someone cheats.

• Going against their beliefs.

Small Thing Can Tell You A Lot About A Person

1. How often people check their phone

If a person constantly checking their phone or refreshing their news feed, they’re probably emotionally unstable, trust me.

2. Whether they show up on time or not

It's widely believed that a proactive person will always be on time as their self-motivation, organized whereas a procrastinator will be running here and there till the last moment. Those who are chronically late aren't necessarily inconsiderable people, but they're possibly more laid-back.

3. How children and dogs respond to them

No on is going to get all of this right 100% of the time. But young kids and dogs focus on people's 'vibe'. Children narrow in on others' facial expressions and the way people carry themselves.

4. Where do they look when they're drinking our of a cup

If a person who looks into the cup when drinking, he/she maybe is self-aware, idealistic, and focused. And people who looks over the rim of the cup when drinking tends to get influenced easily. Lastly, a person who closes their eyes while drinking may be discomfort and is preoccupied with pleasure and relief.

5. The colors people like or dislike

If a person has more fondness for red as compared to other colors, then they're ambitious and energetic. If someone's personality color is blue, then they have a fixed set of principles and want to live according to them. Individuals who prefer orange are prone to risky behavior.

6. Their handwriting

If someone writes tiny letters, they may be a timid person. If they write large letters, they may have an outgoing personality. Additionally, individuals are fond of freedom and independence if they space their words widely. But if they write in a small space, they they hate being alone.

7. The way people carry bags

Body language reveals that if they carry a bag on one shoulder and keep it closer to their body, they prioritize freedom of movement over their display event. Similarly, if someone wear their bag in front of the body, then they are a cautious personality and probably someone who's shy. If they don't carry a bag at all, they may be self-assured.

8. How people respond to the good fortune of others

To figure our whether a person tends to support or envy those who are successful, watch their facial expressions or listen to the subtle hints in their language. A "concern troll" is someone who disingenuously expresses concern about something when they're really just trying to undermine a person.

Realities Of Life That People Don't Want To Accept

• No risk, No story!

• To all the problems of your life, you are the best possible solution.

• Strength doesn't come from what you can do. Strength comes from overcoming the things you thought you couldn't.

• If we light a lamp for someone else, it will also brighten our path.

• The right person will never leave you.

• Happiness comes when it is most unexpected.

• Reality is only what your mind chooses to believe.

• If you are not willing to learn no one can help you and if you are determined to learn, no one can stop you.

• Everything can be changed through willpower.

• Accept both compliments and criticism. It takes both sun and rain for a flower to grow.

Short Rules For A Better Life

• Work every day, to make it worth living that moment.

• Be nice to nice people, and be mysterious for fakes.

• Enjoy the present, forget the past, and work for the future.

• ignore the gossip, and indulge in appreciating.

• love yourself, everyone will love you back.

• Don't complain, take initiative to improve.

• Pass the smile to the people and greet them, some will ignore, and some will smile back.

• Complete the work immediately just after the appointment, to avoid procrastination and regret.

• sleep with positive thoughts to get positivity the next morning.

• Write every day, to know and learn yourself first.

Signs of maturity

• They accept instead of complaining.

• They appreciate instead of finding faults.

• They spread love instead of rumors.

• They take actions instead of thinking and telling.

• They keep trying instead of giving up.

• They understand instead of giving taunts.

• They save instead of spending.

• They read instead of gossiping.

• They are responsible instead of argumenting.

• They create instead of copying.

Signs of very mature person

Imagine:

• You mistakenly hit the car while driving your vehicle.

• He shouted and abused you in front of every people surrounded there.

• You choose to apologize calmly instead of shouting at him back that it was just a mistake.

This is maturity. *You understand instead of blaming.*

• Your friend passed comments on you, “look at yourself, you can't be a model!”

• Instead of crying or replying to him back.

• You started improving yourself.

This is maturity. *You accept instead of proving yourself.*

• You replied in a second.

• he left you on seen.

• you never complained.

This is maturity. ***You never complain instead you adapt changes***.

Unwritten Social Rules Everyone Should Know

• When someone is paying for you, always get something cheap.

• Never shake a hand sitting down.

• Don't make plans in front of someone who is not invited.

• If someone asks you to delete their photos after sending them to you, delete them straight away!

• Always wait for people to tie their shoelace while walking.

• Don't force your belief on someone.

• If you have eaten the last bite of food, throw away the packaging by yourself.

• Don't point out someone's insecurities in a negative way.

• Protect who is behind you, respect who is beside you.

• Never eat the last piece of something you didn't buy.

What have we learned from our life till now?

• Luck only supports the brave.

• Just learn to answer, the world will be silent by itself.

• Great things always begin from the inside.

• To grow faster, Consistency is the way.

• If you love someone for the reason, the love dies when the reason dies.

• Having patience and waiting is a sign of true love.

• The first step to changing the world is to first change our mindset and perspective toward life.

• Understand people by their actions and will never be fooled by their words.

• Never underestimate the power of taking small steps. Start from the small.

• Often the pain starts from the place where once you were happiest.

Something That We Learned

• You can take the best and fastest decision while being silent.

• People want your attention, not your judgments.

• You can be important to someone, but not all the time.

• Employability doesn't define women's empowerment; it is defined by self-respect.

• A poor can become rich, the Rich can become poor, but the middle class cannot become rich or poor. That's why being average is the saddest truth.

• Don't expect the **same** in return, it will always hurt.

• Physical attraction is common, but the emotional connection is rare.

• You are the only one responsible for your present situation. Luck doesn't play any role in this. Don't blame your luck.

• People don't hurt you. It's you who always hurt yourself. It's you who doubt your capabilities by just a comment from the people.

• looks don't guarantee your long-lasting relationship, it's always your heart that does. So don't fall for looks but instead on the nature of that person.

• Consistency is the key, not focus.

Maturity’s Lessons

• Love never destroys. It always heals the person.

• Love is not fake, lovers are fake.

• Time heals everything.

• life should be lived by a compass, not a clock.

• You get what you deserve, not what you want.

• The best medicine to heal yourself mentally is Nature.

• Love never gets when you find it. It is always unexpected.

• Doing what you love will never make things easy to achieve it. Somewhere, there is a role of the brain too.

• Life never gets easy, you're just becoming more strong.

• True love is rare. You can only find it in your parents.

Sub-continent’s parents nowadays

• They are not interested to let their son know how to cook but want their daughter to learn that.

• They are not interested to let their daughter know about how to withdraw money from the bank but want their son to learn that.

• They want their son to go foreign for higher studies but want their daughter to marry a guy.

• They are not interested to let their daughter travel and be social but want their son to be outgoing.

• They are not interested to let their daughter manage their business and property but want their son to do that.

Truths Of Life One Should Know

• Doesn't matter how hard you've worked but if you don't have luck, you'll probably get nothing.

• There is always someone better than us. You can't be **PERFECT**.

• Sometimes we really don't get what we always wanted.

• There are few who will appreciate you but a lot to **criticize** you.

• Problems will **never end**. You've to suffer from at least anything in any phrase of your life. You can't be free from problems.

• life never going to alert you for something you're going to learn unlike your school syllabus.

• Their will be a time when you'll be completely alone in your life. Even not around your parents.

• We are defeated by our **inner** weaknesses, not by external challenges.

Advice To 18-Year-Old

• Still finding of love of your life? Stop it. It's time to find the path of your life!

• Still crying in a corner? Stand up. It's time to make everyone proud of you.

• Still advising the people? Stop now. It's time to give audition for your career.

• Still fearing losing everyone? Don't care. It's time to win every one.

• Still jealous of everyone? Stop it. It's time to motivate everyone.

• Still dreaming? Stop now. It's time to take action.

• Still proving yourself to everyone? Areee. It's time to make them realize.

• Still giving up? Nooo. It's time to show them your victory.

• Still worried about your dark circles? Stop it. It's time to advertise their beauty products.

• Still begging for followers? Oh common, be mature. It's time to make your Google search on trending.

6 basic psychological processes

1.Learning-
This is how we modify and acquire knowledge, abilities, skills, behaviors, etc.

2.Language-
The human being is a social being. That's why language is such an important process. It gives us the ability to communicate with others.

3.Perception-
Perception is responsible for us having an "image" of the reality that surrounds us. It processes the information we receive from the external stimuli of our senses.

4.Thought-
This is a complex process that psychology defines as the process in charge of transforming information to organize it and give it meaning

5.Attention-
Attention focuses our resources on a series of stimuli while ignoring the rest.

6.Memory-
Memory allows us to encode information for future

storage and retrieval. This is an essential process and closely related to all other processe**s.**

Awesome Psychological Facts

1.Mirror Neurons: Humans have mirror neurons that allow them to experience the emotions of others, fostering empathy and understanding.

2. **Cognitive Dissonance**: People tend to unconsciously modify their attitudes to align with their behaviors, leading to a reduction in the discomfort of conflicting thoughts.

3. **Confirmation Bias**: Individuals tend to seek out information that confirms their existing beliefs, creating a filter bubble that reinforces preconceptions.

4. **Serial Position Effect**: We tend to remember the first and last items in a list more effectively than those in the middle.

5. **Baader-Meinhof Phenomenon**: This phenomenon occurs when you learn something new and start noticing it everywhere shortly afterward.

6. **Placebo Effect**: Believing that a treatment is effective can sometimes lead to actual improvements in symptoms, even if the treatment has no therapeutic effect.

7. **Zeigarnik Effect:** Unfinished tasks are more likely to be remembered than completed ones, creating a mental tension that prompts the brain to keep them in mind.

8. **Dunning-Kruger Effect**: People with low ability at a task tend to overestimate their ability, while those with high ability may underestimate their competence.

9. **Halo Effect**: The tendency for an impression created in one area to influence opinion in another area; for example, associating physical attractiveness with positive personality traits.

10. **Bystander Effect**: The presence of others can inhibit an individual from intervening in an emergency situation, assuming that someone else will take action.

Some Unethical Psychological Hacks

1. **Door-In-The-Face:** People are also more likely to agree to a smaller favor if they deny a larger one or two first.

2. **Silent Smile :)**

If you ask someone a question and they only give you a partial answer, maintain eye-contact and stay silent. The answerer will usually assume the original answer wasn't good enough, and they'll keep talking.

3. **Always frame a request as a choice.**

No one likes to feel pressured into doing something they don’t want to do. By subtlety rephrasing a request, you can

make the person feel like they came to the decision on their own terms.

Homeless people who say things like, “it’s up to you if you want to donate or not” end up making more money than those who simply ask for money. The same is generally true for bands that offer “pay what you want” payment structures for their music. They know you can easily download their music for free off the internet, so they encourage you to pay what you feel is right.

Psychological Tricks and Hacks Are Useful To Know

If you haven't slept well, tell your brain "I slept well". You will feel fresh. It works like miracle.

Want to defeat a narcissist who insults you? Don't react. Just ignore him completely in front of others. It will hurt his image and he will stop poking you.

Want to know if someone is attentive or not? Repeat your sentence with a slight change in it. If he is listening either his facial expression will change or he will point out and question the part.

Want to know a person is lying to fit in a group? Just watch his eyes when he talks, if his eyes seek validation from others for what he said, then he is pretending. A liar /pretender always seeks validation for his talks to fit in the group.

Giving a presentation? Always bring a bottle of water to the stage. When you can't remember what to say, take a drink. Nobody will know the difference.

Build good relationships: Harvard University studied adults for almost 70 years and concluded that nothing leads to prosperity and healthy life as good relationships.

Avoid getting roasted.

If you think that someone is going to talk badly about you in a professional setting, sit next to that person. It is much harder to speak poorly of someone who's in close proximity to you, so they'll probably take it easy.

Stop reacting: You lost your wallet? Had a terrible breakup? Working hard but no appreciation? Lost your job? Stop reacting in such situations. Don't expect recognition for your efforts. Think twice, act wise!

30-days challenge: Want to kill a habit? Start a 30 days' challenge and you will see the change.

Relationship Advice: Be with someone who gives you the same feeling as when you see your food coming at restaurant.

Biggest brain damaging habits:

- No breakfast.
- Over-reacting.
- Smoking.
- High sugar consumption.
- Air pollution.
- Sleep deprivation.

- Head covered while sleeping.
- Working your brain during illness.
- Lacking in stimulation thoughts.
- Talking rarely.

Never tell anyone 3 things:

- Your Love life.
- Income.
- Your next big move.

Exercise: 20 pushups, 15 squats, 50 jumping jacks, 30 crunches! repeat 3 times = burn 100 kilo calories.

Make Life Easier And Keep Ahead Of Others

1. Keep distance from the person who comes to help you without much friendship.

2. Stay away from your crush who needs time to decide about you.

3. First attempt is last attempt.

4. There are number of ways to solve a problem, don't stick to a particular way or PERSON.

5. Don't take credit to get your dream objects, you will start hating them, WAIT FOR THE TIME.

6. Remove all negative things and people from your life who judge your dreams are not easy or not worth of your efforts, they may be true but in that way you will lose everything as all have one NEGATIVE SIDE.

7. Always be with the person who cares for your words.

8. Don't afraid to commit mistakes, that proves you as a human being NOT GOD.

9. Find the right way to achieve your beautiful dreams, DON'T FOLLOW THEM BLINDLY.

10. LOVE YOUR PARENTS UNCONDITIONALLY, you can't lose any battle.

11. Life is very simple, throw the persons who are trying to make it COMPLEX.

12. Follow your dreams, not the persons.

Lesser-Known Psychological Facts

- Oversleeping often leads to a craving for more sleep.
- Closing your eyes can aid in memory recall.
- Women are typically better at color distinction, while men excel in tracking fast-moving objects and perceiving distant details.
- Negative thoughts can impact your immune system and make you feel unwell.
- People aged 18 to 33 experience the highest stress levels, which tend to decrease after 33.
- Around 90% of people fake laughter when they don't understand something.

Shocking Truths About Human Life

1. People will notice the change in your attitude towards them, but won't notice their behavior that made you change.
2. Never hide your bad side to make someone stay. Show your bad side and see who can stay.
3. Actions prove who someone is, words just prove who someone wants to be.
4. The less you care, the more they care.
5. The less people you talk to, the less bullshit you have to deal with.
6. If you know how quickly people forget the dead, you will stop living to impress people.
7. Don't get too happy and too comfortable. One day they love you, tomorrow they hate you.
8. You can only win when your mind is stronger than your emotions.
9. Sometimes you just have to die a little inside, in order to be reborn and rise again as a stronger and wiser version of you.
10. Don't let people know too much about you. A friend today, can be an enemy tomorrow.
11. The only people you owe your loyalty to, are those who never made you question theirs.

Some Lessons Every Men Should Know

1. Boys turn into men when they understand that nobody cares about them if they can't provide any value.

2. If you find somebody smarter than you. Work with them. Don't compete with them.
3. Just because someone is "family" doesn't mean you have to tolerate lies, chaos, drama, manipulation, and disrespect.
4. Act like you can't afford the bread until they find out you own the bakery. Stay humble.
5. Becoming the best version of yourself comes with a lot of goodbyes.
6. The quickest way to succeed is to start now and figure it out as you go. You can't learn to drive in a parked car.
7. Call me crazy but I believe I can have everything in this life that I want.
8. Mention someone that is very hard working and you wish them nothing but success.

What psychological emotions reveal about people?

1. Shame indicates internalization of others' beliefs and the need to reconnect with yourself.
2. Guilt reflects living according to others' expectations, instead of your own desires.
3. Anger reveals your passions, boundaries, and the aspects of the world you believe need change.
4. Bitterness indicates areas for healing and judgments on others and yourself that you can let go.
5. Disappointment shows your efforts, resilience, and continued caring.

6. Resentment signifies living in the past and resisting acceptance of the present.
7. Discomfort urges mindful attention and offers a chance for growth and change.
8. Sadness showcases the depth of your emotions and empathy for others and the world.
9. Anxiety prompts awareness and presence, urging you to let go of the past and fear of the future.

Well-experienced people sayings

1. Never be sad for losing someone. No one lasts for long period of time. Even, you are going to lose your beauty, money and health with age.
2. Never underestimate failure. Only a failure gives you the proper perspective of success.
3. Never “Trust” easily on anyone. Because trust is the most expensive thing and so don't trust blindly. Even, your friends get jealous when they see your progress.
4. Never share your password of social media accounts, email, Internet Banking, and ATM pin\CVV number with anyone. Never!
5. Never get involved in sexual activities till you are not serious in your relationship.
6. Never believe on that girl\boy who have lots of relationship in their past. They can easily have manipulated you by crying their bad past. (Exception is everywhere)
7. Never try to hurt your parents. They have lots of expectations from you.

8. In any situation, never think about ending your life. Even plants regrow leaves after one leaf shed.

07 Well-known psychological facts

1. The more you talk about someone, the more you're likely to fall in love with that person.
2. Singing reduces the feeling of depression and anxiety.
3. Some of us are actually afraid of being too happy because of the fear that something tragic might happen next.
4. 98% of the time when someone says they have to ask you a question, you recall all the bad things you've done recently.
5. Closing your eyes help you remember things.
6. People who understand sarcasm well are often good at reading people's mind.
7. Pretending not to care is the habit of someone who generally cares the most.

Psychology About a Normal Person

1. If a person laughs too much, even at stupid things, he is lonely deep inside.
2. If a person speaks less, but speaks fast he keeps secrets.
3. If a person sleeps a lot, he is sad.
4. If someone can't cry, he is weak.
5. If someone eats in an abnormal manner, he is tense.

6. If someone cries on little things, he is innocent & soft- hearted.
7. If someone becomes angry over silly or petty (small) things, it means he needs love.

Things You Shouldn't Do In Life

1. Never listen to the fucking sad songs. They drain your energy and make you weak emotionally.
2. Never rebond with your ex. If she goes, let her go, book tickets for her.
3. Never fight when you're weak. Leave them when you're strong. The first thing shows how big your brain is and the second one shows your big heart.
4. Never cry in front of someone who doesn't care about you. At that time, they'll sympathize with you but subconsciously will put you in the category of losers.
5. Never hurt yourself. Believe me, the world is going to hurt you and that's enough of hurt.
6. Kick out that friend from your life who breaks the "Bro Code".
7. Never trust a crying woman and a smiling man.
8. Never mess with small garbage people. Your enemies are a direct reflection of who you are.
9. Never beg twice.
10. Never repeat the same mistake twice.
11. Never disrespect or return someone who knocks on your door as a guest. Even if that person is your enemy.

Observe Life Deeply

Person 1: *If I hurt people, I'll get hurt in return.*

Person 2: *I will never hurt anyone because I just don't like it.*

Some people won't hurt you because they're scared of Karma.

Some won't hurt you because this is how they are.

Some people won't hurt you because they're scared of God punishing them.

Some people won't hurt you because this is how they are.

If there's a reason attached to the actions of your kindness, then there's no kindness at all.

Helping, loving, and being kind to others is not a business. Be kind and loving to others only if you like it and not because you're scared of karma or God.

I see people donating money and food to the people because an astrologer told them to do so.

I am the opposite.

If I am giving you anything, be it love, help, or care then it is only because I like it.

Intentions matter.

If you're giving someone a cup of tea, then give it because you want it and not because of getting something in return.

I often see people's kindness and love coming out of fear.

It's very hard to find real genuine people.

The Secrets Of Being Likable

1. Send interesting stories and videos from time to time.

When people like the stuff you send, it creates a positive association in their mind with you. They associate you with humor, or uniqueness, or just overall good taste in things in life.

2. Remember what people tell you.

People will be extremely surprised when you bring up stuff they mentioned once before in conversation.

3. Mimic their tone of talking, their body language, and their facial expressions.

Researchers call it the chameleon effect. Mimic them, but do it subtly so that the other person doesn't even realize that you're doing it.

4. Be humble. No one likes a know-it-all.

People appreciate people who are humble enough to know they may need help or insight sometimes.

5. Focus on sharing the positive aspects of your life for other people to enjoy or relate to.

6. Humor is always a great way to get people instantly like you.

If you want to talk about something bad or negative that happened to you, make it a fun story.

7. Remember that: People are interested in themselves.

So all you need to do is be interested in them, and show it. Make them believe that they're the one in charge.

Psychological Tricks Work On Most People

1. Sometimes you could just agree with people so they can stop talking.

2. If you want people to accept an idea, ask them to contribute to it.

3. Loneliness can make people avoid you. And the best way to break that pattern is to learn how to act like someone who isn't lonely.

4. If you have to make a tough decision, try flipping a coin. It's not about the result of the coin toss, but rather your reaction to it while the coin is in the air.

5. To avoid drama and be likable, compliment people behind their back.

6. Say that your father/grandma told you first if you want to convince someone of something.

7. You'll become whoever you hang around. Hang out with people of good character, behavior, and values.

8. You don't have to waster your energy every time. Sometimes it's better to just let them be wrong and move on.

9. Asking offensive people to explain their "jokes", especially with an audience.

10. Forcing a smile when you're feeling down can trick your brain into thinking you're happy.

11. People are more likely to remember faces with which we've experienced mutual gaze. So don't be the first one to break the eye contact.

One Should Do In Their 20s To Avoid Regrets In Their 30s And 40s

• **Identity.** You should create your own identity and start to live outside of your parent's shadow.

• **Procrastination.** You should stop procrastinating as you have much time early on but once the time is wasted it will be your biggest regret in life.

• **Mob Mentality.** You shouldn't blindly follow the crowd and have a clear goal for life.

• **Risks.** The 20's is the time to take risks in life, try different and new things as it will help you understand the life better.

• **Health.** Focus on your health and exercise regularly. You wouldn't see its value early on but once you get old, the value of a healthy life style will be great. Don't get into addictions and eat healthy.

• **Family.** Try to spend as much time as possible with your family, friends or anyone you care about because later on you may not get the chance.

• **Investment.** Start investing money as it can help you later on in life.

• **Travel.** You should also travel around as it will help you get a better perspective of life and help you learn a lot of

new things which you can't learn from school/colleges or other daily activities.

• **Career.** You should have a well-established career by the end of your 20's so that you can have a stability in your later life.

• **Social Skills.** You should also learn a lot of social skills whether it's communication skills or knowledge about other necessary things in life like the basic laws, taxes etc. These small details can really make a huge difference.

Smallest Lesson That Life Has Taught You

• Always take time for yourself. You should always sit alone with yourself once in a while.

• Work on yourself. You should always try to improve yourself and get better. There is no limit for self-improvement.

• Persistence is the key. Taking small and effective steps can help you achieve your goals.

• Humans are always tend to blame others for their failures. We like to give excuses. Never blame others for your mistakes.

• Time is very precious. Life is short, cherish every moment of it.

• Life is how we see things. Some people see good in bad situations and some see bad in good situations. It's all about perspective.

• Happiness doesn't come from outside but inside. Always try to be happy and stay positive.

• Don't let your past cloud your future and ruin your present. Every day is a new day.

• Be your own best friend.

• Loneliness doesn't come from not having anyone around but by having those people around who don't understand you.

Lesson Should Be Learned

• Trust the process. No matter how small the progress is, just continue to work hard in the right direction. One day it all will pay off.

• No matter how hard you try you will miss something. So stop trying to do everything and enjoy the moment.

• If you don't ask, the answer is no. Similarly, if don't move you will be stuck at the same position.

• The worst type of loneliness is the loneliness around people.

• Perfection is a myth.

These Realities Can Make A Real Difference

1. **Look Beyond First Impressions:** Happiness often comes when you see people for who they truly are. The "Halo Effect" teaches that initial judgments don't capture the depth of a person.
2. **The Joy in Genuine Smiles:** Happiness is often found in authentic connections. The "Smile Bias" highlights the power of real smiles in creating joyous relationships.
3. **Clear and Kind Communication:** Happiness flourishes when communication is positive. "Vocal Attractiveness Bias" reminds us that speaking kindly and clearly can lead to more fulfilling interactions.
4. **Authenticity Attracts Happiness:** Being true to yourself brings joy. The "Red Dress Effect" emphasizes that expressing your true colors authentically can attract happiness and genuine connections.
5. **Value Beyond Physical Attributes:** Happiness deepens when you appreciate individuals for who they are. "Height Bias" teaches that genuine connections go beyond societal expectations, enriching your life with diverse and meaningful relationships.

Accepting these realities can pave the way for a more joyful and authentic life.

Person's Mental Health After Sad Incident

1. The more you want them to realize or apologize, the more you overthink and get anxious.
2. The more you feel guilty and regret for something, related to them, the more you hold the past and future.
3. The more you want to forget them, the more you remember them.
4. The more you want to take revenge from them, the more you lose your mental peace.
5. The more you hate them, the more you hurt yourself.
6. The more you make them a big focus of your life, the more you lose focus from yourself.

Hard truths about human psychology and life

lot more than 7 seven human psychological truth or fact about life, it all depend on individual environment.

1. **Change is Constant**: One of life's hard truths is that change is inevitable. Resisting change often leads to suffering. Adapting and learning to navigate through life's constant changes can lead to personal growth and resilience.
2. **Failure is Inevitable**: No one escapes failure or setbacks in life. It's a natural part of the learning process. Embracing failure as an opportunity to learn and grow can lead to eventual success.

3. **We're Not Always Rational**: Human psychology involves biases, emotions, and cognitive errors that can lead us astray from rational thinking. Acknowledging these biases helps in making better decisions and understanding others' behaviors.
4. **Struggles Are Part of Growth**: Personal growth often emerges from challenges and hardships. Embracing difficulties as opportunities for growth rather than obstacles can lead to resilience and inner strength.
5. **We're Wired for Connection**: Despite individual differences, humans are fundamentally social creatures. Building and maintaining meaningful connections with others significantly contribute to our well-being and happiness.
6. **Mindset Matters**: Our mindset greatly influences our experiences and outcomes. A positive and growth-oriented mindset can lead to resilience, adaptability, and the ability to overcome obstacles.
7. **We Can't Control Everything**: Life is unpredictable, and there are numerous factors beyond our control. Accepting this truth allows us to focus on what we can control—our reactions, decisions, and attitudes.

Psychological Facts About Spouse Romantic Relationship

1. The power of touch: Physical touch, such as hugging or holding hands, releases oxytocin, known as the "love hormone," which promotes feelings of trust, bonding, and attachment between partners.

2. The impact of gratitude: Expressing gratitude towards your partner can enhance relationship satisfaction. Research suggests that expressing appreciation for your partner's positive actions or qualities can strengthen the emotional connection and overall relationship quality.

3. The role of humor: Shared laughter and a sense of humor contribute to relationship satisfaction. Couples who engage in playful and lighthearted activities together tend to experience higher relationship quality and increased relationship longevity.

4. The effect of novel experiences: Engaging in novel and exciting activities with your partner can create a sense of bonding and excitement within the relationship. Trying new things together can stimulate dopamine release, a neurotransmitter associated with pleasure and reward.

5. The impact of sleep: Sleep deprivation and poor sleep quality can negatively affect relationship satisfaction and increase conflict between partners. Getting enough restful sleep is important for maintaining emotional well-being and positive interactions within a relationship.

6. The influence of scent: Pleasant scents can have a positive impact on romantic attraction and emotional bonding. Research suggests that certain fragrances can trigger positive emotions and enhance perceived attractiveness between partners.

7. The significance of eye contact: Sustained eye contact can increase feelings of intimacy and emotional connection. Gazing into your partner's eyes during meaningful conversations or moments of vulnerability can foster a deeper sense of understanding and closeness.

8. The importance of self-disclosure: Sharing personal thoughts, feelings, and experiences with your partner promotes emotional intimacy and trust. Opening up and being vulnerable with each other strengthens the bond between partners and fosters a sense of emotional support.

9. The influence of shared goals: Couples who have shared goals and aspirations tend to have higher relationship satisfaction. Working together towards common objectives, whether they are related to career, family, or personal growth, can foster a sense of partnership and mutual support.

10. The impact of kindness and small gestures: Acts of kindness and small daily gestures of love and appreciation contribute significantly to relationship satisfaction. Simple actions like expressing gratitude, offering compliments, or performing random acts of

kindness can strengthen the emotional connection between partners.

Remember that each relationship is unique, and psychological factors can vary among individuals and couples. These facts serve as general insights but may not apply universally. Effective communication, mutual respect, and understanding remain vital for building and maintaining a healthy and fulfilling romantic relationship.

Signs That Doing Better Than Past

1. Change is a sign of growth. Don't fear change, fear that you stay the same.
2. Having goals and being serious about them means you are doing way better than you think.
3. Most people run away from their problems or blame others. But you own your mistakes and learn from them.
4. You trust that everything will be alright. You trust that the universe has great things in store for you and you take action to bring them into reality.
5. Going though hardships is good! It means you are growing stronger, even if it's tough.
6. Having friends to count on is a sign that you are blessed - even if it's just one person.

Observe People Like Manipulators

If someone engages in conversation within 3 secs after entering - bold guy.

1. Chewing gum even during necessary interaction - not Focused.
2. Excessive grooming like fixing hair or clothing - self-conscious or nervous.
3. If they are taking audible signs - bored & frustrated.
4. If someone mimics your gestures or expressions - it signals empathy.
5. Legs aren't facing towards you while talking - not listening to you.
6. Talking to waiters reveals a lot about them -do this one by yourself.
7. Hands in pocket while walking in streets - not ready for a combat.

Tricks You Can Use To Manipulate

1. Instead of verbally attacking someone for doing something, say how you feel, they can get angry and defensive if they feel attacked, but they can't get mad at you for how you feel.
2. Listen to the music you'd want to hear if you were in the mood you want to be in, it helps shift your mentality into that state of mind.
3. When you try to convince someone over something, make sure they are sitting and you are standing. This makes them believe you sooner.
4. Wear noise-canceling headphones if you don't want people to talk to you (even if you're not listening to music).

5. Smile at everyone you encounter — it'll make your daily interactions much more pleasant.
6. Instead of telling kids NOT to do something, tell them to do something else — it'll distract them from what you don't want them to be doing and will help them focus on what they should do instead.
7. If you want to find out who someone likes the most in a group, pay attention to who they look at after someone says something funny, they tend to look to their favorite person as they laugh.
8. Instead of immediately arguing with a viewpoint you don't agree with, first validate it and then state your own viewpoint — the interaction will oftentimes end positively
9. If someone asks you a particularly hard question, say, "What a good question!", it'll make the person feel so pleased with themselves that they'll be less critical of the answer (and may not even fully pay attention to it at all).
10. Find out who has a crush on you: when laughter breaks out in a group, individuals look toward the group members they feel closest to.
11. If you know a person is going to criticize you, sit beside them.
12. Tearing the paper off of drink bottles is a sign of sexual frustration.
13. Having positive and happy people around you can keep you happier.

14. If someone is attracted to you, their eyes start blinking more than usual during a conversation with you.

Lessons That People Learn Too Late

1-Everything Is Temporary

Everything in life is temporary. Beauty, money, happiness and everything is temporary. No matter how much we want something to last forever, it will eventually end.

2-Remember To Enjoy Life

This piece of advice sounds very simple, but most of us truly need to be reminded to enjoy our lives.

3-Stop Complaining

So many people complain about small everyday things. They might complain about the weather, traffic, or the quality of the meal that they ate last night.

4-Live Without Fear

It's useless to be afraid of things and to let them hold us back from doing what we want to do. Most of the time, fear is in our minds.

5-Family Matters More Than Friends

When we are young, our friends mean the world to us. We would rather ditch family dinner in favor of spending

a Friday night out. But at the end of the day, your family are the ones who love you unconditionally. Friends come and go when we graduate school, switch jobs, and break up with boyfriends and girlfriends. But your family is ***forever with you.***

6-Money Can't Buy Happiness

"Money can't buy happiness" is an old phrase that you have probably heard before. Money can help with a lot of things in life. There are plenty of problems that would be solved if you only had enough money to throw at the issue. However, money cannot buy love.

7-Don't Try to Change Other People

In the United States, 50% of marriages end in divorce

They hoped that someday they would grow out of bad or immature behavior. Others believed that with enough love, they can actually change or "fix" the issues that their partner has.

8-Treat Yourself With Love and Respect

If you are being treated badly by the people around you, remind yourself that it is because they already have this preconceived notion in their mind of who you are.

9-A Lifetime Is Not Really That Long

Last, and certainly not least, is that life is unfortunately not as long as we think it is. When you consider that we sleep at least eight hours per night, we are at work eight

hours a day, and you may also be commuting, this leaves very little time to actually be our true selves. And as we get older, time seems to go by much faster.

10-Say What You Mean to Say

Sometimes, people don't understand what we want to say. Then, they think that we are bad. But actually we are not.

We should tell everything clearly.

Behaviors Of A Confident Person

They dare to give toxic people the silent treatment.

1. They don't judge people without knowing their side of the story.
2. They're not like "He will like me", but "I'll be fine if they don't".
3. They listen to understand, not to reply.
4. They normalize saying no.
5. They don't break eye contact too much.
6. They don't frequently check their social media "Likes".
7. They look to praise, not praised.
8. They are too positive to be doubtful,
9. too optimistic to be fearful,
10. too determined to be defeated.
11. They know everyone have flaws and nobody is perfect.
12. They are better at ignoring insecurities.

13. They know what their triggers are.
14. They don't just have purpose, they live it.

Listen To Your Emotions Or Feelings

When you lose emotional connect with her/him, you realize how ordinary she really is. It's your emotional attraction to her that makes her special. Emotions make us aware of all the things that aren't working.

1. You align with your goals effortlessly when they resonate within your heart not necessarily your mind.
2. An individual realizes the importance of emotional regulation so as to logically respond to situations where emotional reactions don't serve you. Composure is crucial.
3. Listening to our emotions help accurate our life experiences, prioritize our values and say "no" with grace and without excuses.
4. Emotions help us figure out what we need. Is it courage, resilience, imagination, confidence or consistency.
5. Sometimes you just need to recalibrate: focus inward, be mindful of your inner dialogue, take stock, self -reflect and course correct.
6. Listening to your emotions helps you identify and reframe judgments, appreciate your individual beauty, heal your insecurities, operate out of abundance and realize that the perception you've of others reflects how you feel about yourself.

7. Listening to your emotions help you be super selective with your time and energy so that you can better help understand yourself and others.
8. It guides our behavior: the way we treat people, the values we uphold, beliefs we cultivate and the way we impact others, share compliments & insights, actively look for things to appreciate, smile at others, and communicate better.

Release Resistance to Allow Intent to Manifest

Hold on to an object as tightly as you can for 2 minutes. How does it feel? Tiring? It probably doesn't feel very good. Now open up your hand and let that object go. Feels good, doesn't it? Follow that feeling of relief flowing from your hand up your arm to the rest of your body. Doesn't it feel like great, almost a light-hearted feeling? And only now that you've let go of that object, you can easily reach out and pick up whatever you want, right? Releasing resistance to your intent works exactly the same way.

When you are no longer energetically holding yourself to a thing, you free your energy to operate in other directions. When you have nothing to lose, there's no resistance. When your action and energy is in flow, you have no resistance. It is imperative that you follow what feels good. Freedom is the key to power, and power is

the key to wealth. Power is energy minus resistance. The more energy there is, the more power there is. The less resistance there is, the more power there is. Freedom is both way.

If you've tried out many self-help techniques on how to achieve your goal, one of the things that all of them say is that after doing your visualization, affirmation or goal-setting, they all advise you to put it aside and just let go after you've finished your session. This is to release resistance to the process of intention being manifested. The process is what brings the goal into manifestation. You allow the process to operate on its own when you detach from it. Remember freedom is the key to power for work.

All Young People Will Realize In Their Life

1. The lies your parents told you are also lies they told themselves.

2. Good intentions are someone else's good intentions, and may not be in your best interests.

3. Parents, teachers, coaches, mentors, and other self-appointed role models will all unwittingly use you as extensions of themselves.

4. Childhood was an insult that you should never forgive or forget, as you channel your rage into a significant creative process of enduring consequence.

5. A planned life with charted goals is nothing more than a menagerie of meaningless comfort.

6. Your meaningful realization as a living, creative, and sentient being will require forbidden sources of energy and inspiration, as well as forbidden acts.

Believes About Maturity Of Men

1. Men need to understand that there's nothing special in the body of random women you meet on the street/ Internet.
2. On difficult days, being extra gentle with ourselves is maturity at its peak.
3. Setting boundaries is not a display of disrespect. It's an act of self-respect.
4. Maturity is seeing someone's lack of effort as their lack of interest in you no matter what they say.
5. You don't get fit eating everything. You don't get wealthy spending everything.
6. Resist the urge to regret. Regrets are like old textbooks; you've already learned the lessons.
7. Your urges are your biggest enemy. Learn not to argue for nothing.
8. Self-acceptance shouldn't stand in the way of self-improvement. Recognizing that you're

good enough today doesn't prevent you from getting better tomorrow.

9. We've to be grateful for things. It's too easy to be ungrateful. It's too easy to not appreciate the simple things in life.

Signs of a selfish

1. They just can't be happy for anyone.
2. They complain all the time.
3. They do what they want. (Always)
4. They never have a flexible routine.
5. They are a control freak.
6. They have too many habits.
7. Thinking only about themselves.
8. Having a picture perfect idea about the future.
9. They are super jealous.

Signs of a toxic person

1. They always remind you of your past mistakes to keep you down.
2. They reach out when they need you and ignore you when you need help from them.
3. They put people down to feel better about themselves.
4. They act superior and entitled.
5. They don't take responsibility for themselves or their lives.
6. They lack understanding of boundaries.
7. They lack empathy.

8. They leave you feeling emotionally exhausted after an encounter with them.
9. They try control you by guilt tripping.
10. They never apologize.
11. They are easily jealous.
12. They give backhanded compliments
13. They're overly defensive.

Realities To Accept In Life

1. It's not anyone else's job to fix you, so fix yourself.
2. Nothing is perfect.
3. Being busy doesn't mean you are being productive.
4. You can't change the past.
5. Tomorrow doesn't come for everyone.
6. The best revenge is getting yourself to a place where you no longer care about revenge.
7. Just because a relationship has lasted a long time doesn't mean it's working.

Signs of a strong mindset

1. You move on. You don't waste time feeling sorry for yourself.
2. You are kind, fair, and unafraid to speak up.
3. You embrace change. You welcome challenges.
4. You stay happy. You don't waste energy on things you can't control.
5. You are willing to take calculated risks.

6. You celebrate other people's success. You don't feel threatened by other's achievements.

Bad Habits That Make You Less Attractive

1. You don’t listen when someone is talking.
2. You create conflict for no reason.
3. You constantly act superior.
4. You interrupt others.
5. You constantly complain.
6. You are rude.
7. You turn everything into a competition.

Ways To Live Happy Life

1. Accept the things you can't change. If you can and want to change them, do it.
2. Let go of the people who are holding you down. If you considered them, you already know who these people are.
3. Smile at a stranger. It will make both of you smile.
4. Blast your favorite upbeat song and sing at the top of your lungs, dancing as you go.
5. Go for a run. A nice, long run. Run until you feel good; at the very least, you'll be tired enough that the feelings will seem less major.
6. Call someone you love. Just hearing their voice can make your day better.

7. Write down everything you don't like about yourself. Rip it up. Bum it.
8. Realize that you are your own biggest critic. People do not see the faults in yourself that you do. So realize that they are not faults, not imperfections. They make you, **You.**

Understand Nature Of People By Their Eyes

1.Large and wide eyes:

People with large and wide eyes are likely to have a broad mind and are willing to accept different viewpoints. They will also be keen to help other people. Such persons are most likely to be blessed with artistic talents. However, others may take advantage of the people with large and wide eyes as they maintain honesty in relationships.

2. *Small eyes:*

Such people will always display their true emotions. They have a special ability to focus on the task at hand and complete it on schedule. They will acquire expertise and excellence in the field of choice. Another trait is their intelligence that helps them foresee matters. However, people with small eyes do not trust others easily and are often accused of being insolent.

3.Almond-shaped eyes:

Eyes that are a little wide at the middle and joining evenly at both ends like an almond is a sign of beauty. Such persons maintain an alert in all activities. This makes them capable of tackling any adverse situation. Though they may not be willing to express their true feelings, they are good at heart.

4.Round eyes:

Creative persons, people with round eyes try to engage in activities that they love in order to spread happiness in the world. But they are haunted by different kinds of emotions on various occasions and show a tendency to engage in impractical thoughts. They easily attract the attention of others and are loved by all.

5.Wide space between eyes:

It is found that people having a big gap between both eyes are eager to take up new things. They will be the first to follow new trends and fashions. But it is seen that this makes such people struggle to complete their regular daily chores. Still, they can adapt to any new situation and would be broadminded.

Psychology Tricks That Work For All

1. 70% of people choose to keep things to themselves to avoid being judged by others.
2. When woman is attracted to a man, she speaks in a higher pitch than normal.

3. Everybody has 3 lives, a public life, a private life and a secret life.
4. If someone is angry at you and you remain calm, they may be even more angry at the time; but they will be ashamed of themselves later.
5. The colour blue causes the brain to release relaxing hormones.
6. If someone makes an eye contact with you for, 60% of conversation they're bored, 80% they're attracted to you and if 100% they are threatening you.
7. People who are lying to you tend to look up and to their left.
8. People with creative minds tend to have harder time falling asleep at night.
9. Negativity brings down your immune system.
10. Hearing your name being called when no one has actually called your name is a likely sign of a healthy mind.
11. People become extremely honest, awkward, real or personal during late nights or early mornings.
12. People who blush easily, are more generous and trustworthy than those who don't.
13. Unexpected phone calls and texts, can instantly improve person's mood and state of mind.
14. Our mind has ability to detect and sense danger if your gut tells you, something is wrong never ignore that feeling.
15. If you feel angry, drawing straight lines will help to relax you; if you feel sad, you can draw a rainbow.

16. If you think the phone number a person give you is fake, you can read it out wrong, and see if the person will correct you.
17. Silence is the best way to let someone know that he/she did something wrong.
18. People change their feelings of pain to anger because it feels better to be angry than it does to be in pain.

Mindset Before A Relationship

1. If you can't move on then stay away from relationships. Otherwise, relationship may ruin your life.
2. If a man expects his women to be an angel in his life, he should first create a heaven for her.
3. If you are not financially well, I will not advise you to go into a relationship.
4. If you are a sticky type of person and do not give space to your partner, even then your relationship will not be able to run happily.
5. Quickly you get irritated and feel jealous of someone's progress, so you have to fix it first.
6. A relationship without trust is like a car without gass: You can stay in it all you want, but it won’t go anywhere.
7. Never think that your partner should live only for you. If he/she does or does not do then it's his/her will, let him/her live according to his own will.

8. If you are hesitant to respect your partner, then it is better that you stay away from the relationship.
9. A successful marriage requires falling in love many times, always with the same person.
10. Never love anybody who treats you like you're ordinary; but instead someone who does treat you as your extraordinary self.
11. Don't try to be something to everyone. Be everything to someone.
12. If you've been burned in past relationships, it's important not to compare your current partner to your past partners. It's not fair to you or to them.

Don’t Compare yourself To Others

1-Everyone is on a different journey. You may just be starting yours while the other person might be at the end of his/hers.

2-Comparing yourself to others is a losing battle. In the game of life, you will never reach a point where you are better than others in every way.

3-What you are comparing against is inaccurate information. What people present to the outside world is usually an edited version of their reality.

4-Your dream is likely different from others. If you have a big dream, it will take a while before you achieve it.

5-Comparison saps you of your limited time, you'll be better off paying more attention to your dream.

6-All you can do in life is be who you are. Some people will love you for you. Most will love you for what you can do for them, and some won't like you at all.

Trying New Things…

1-If you don't try new things, you'll miss out on awesome and fantastic adventures and experiences.

2-If you don't try new things, you'll never know what you can do.

3-If you do what you've always done, you will always get what you've always gotten.

4-Unless you try to do something beyond what you have already mastered, you will never grow.

5-The person who risks nothing does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn and feel and change and grow and love and live.

Improve Your Overall Health

1-Eat Right: Include plenty of fruits, vegetables, lean proteins, whole grains, and healthy fats in your diet. Avoid processed foods and sugar as much as possible.

2-Exercise regularly: Regular exercise can lower your stress levels, lift your mood, and lower your risk of developing certain diseases.

3-Get enough sleep: Lack of sleep can impair one's immune system, cause one to perform poorly at work or school, and even increase one's risk of developing certain chronic diseases. To ensure that your body and mind are well-rested, aim for 7-9 hours of quality sleep each night.

4-Manage stress levels: Recognize the symptoms of stress and take appropriate action to manage it. Exercise, journaling, yoga, and meditation can all lower stress levels.

5-Avoid smoking & soda: It goes without saying that smoking & soda is unhealthy lifestyle choices. Both behaviors have a long list of harmful health consequences, such as cancer, heart disease, and liver damage.

6-Take care of your mental health: Just like your physical health, your mental health is a vital part of your overall well-being and health.

7-Stay up-to-date on health screenings:

8- To identify any health issues early on when they are simpler to treat, health screenings and vaccinations are crucial. Regular check-ups and screenings can help you stay ahead of any potential illnesses or diseases.

Why people making mistakes?

1-Anyone who has never made a mistake has never tried anything new.

2-Everyone makes mistakes. Everyone deserves a second chance.

3-Don't let the mistakes and disappointments of the past, control and direct your future.

4-Some mistakes have greater consequences than others. But you don't have to let the result of one mistake be the thing that defines you. You have the choice not to let that happen.

5-An expert is someone who knows some of the worst mistakes that can be made in his subject, and how to avoid them.

6-Good judgment comes from experience, and experience comes from bad judgment.

7-In the real world, the smartest people are people who make mistakes and learn. In school, the smartest people don't make mistakes.

What can you tell me about problem?

1-If you are unable to understand the cause of a problem, it is impossible to solve it.

2-There's no use talking about the problem unless you talk about the solution.

3-A problem well stated is a problem half-solved.

4-If your only tool is a hammer then every problem looks like a nail.

5-To solve any problem, here are three questions you can ask yourself: First, what could I do? Second, what could I read? And third, who could I ask?"

6-How you think about a problem is more important than the problem itself. So always think positively.

7-Problems are to the mind what exercise is to the muscles, they toughen and make strong.

8-Sometimes problems don't require a solution to solve them; Instead, they require maturity to outgrow them.

8-All life is problem-solving.

Do Now To Have A Better Life

1. Stop pleasing people. You are **not a dog** and they are **not your boss.**
2. **Accept that whatever you feel can't be right** all the time.
3. **Let go of negative thoughts.** Talk to your loved ones and be calm.
4. Love yourself and your **Family**. Because **no one** else will love you for free.
5. No overthinking: This one is so difficult that I'm trying myself. You can't change the past by

thinking about edit, and you can't shape the future by overthinking it. Give it your best.

6. Be selfish: I don't think being selfish is a bad thing to do when it's necessary. Make time for yourself.
7. Forgiveness: If someone or something has hurt you, forgive them. It's all right. Don't go to bed in a bad mood.
8. **Don’t expend your energy trying to control others.** Focus on yourself.
9. **Direct your focus on what you have** and be grateful for it.
10. Hobbies: Learn something new that you've always wanted to learn but haven't been able to.
11. Appreciate: You've done a fantastic job. Take time to appreciate yourself for who you are. Don't make comparisons.
12. Maintain good habits. **Control your life before it starts controlling you.**

How can I increase my productivity?

1. Set goals, targets, and deadlines. There is always work to be done, but not all work is equal in value. Recognizing non-essential tasks is a critical skill for anyone who wants to be productive.

2. Make your life easy and boost productivity by using the right tools. There's an adage that says, “You’re only as good as the tools you use.”

3. Organize your work environment. An organized space can eliminate distractions, save you time and help you stay focused.

4. Weed out distractions. Simply focusing on the task at hand and blocking out distractions can boost productivity significantly.

5. Eat healthily. Your body requires energy to function. Some foods also make you sleepy when you should be working. You can significantly increase productivity by paying close attention to what you eat.

6. Delegate and/or outsource responsibilities to those who can best carry them out. “If you want to do a few small things right, do them yourself. If you want to do great things and make a big impact, learn to delegate.”– John C. Maxwell, American author

7. Exercise regularly. Exercise increases both your physical and mental energy levels. You'll experience greater focus, a sharper memory, quicker learning, increased mental endurance, greater creativity, and less stress.

8. Take breaks. According to studies, taking breaks reduces stress and enhances divergent and convergent thinking—critical elements in creativity.

Surprising Lessons That Life Taught

1-Being able to change your mind is one of the hardest things in the world.

2-You are not so different from some of the people you criticize. If you find yourself in their shoe, you'll probably behave the way they do.

3-It's a mistake to generalize people. Until you come closer to people, you won't know who they are.

4-Life is unpredictable. You'll get to experience things you never thought you'll experience and will find yourself in places you never thought you'll be.

5-Don't opt for shortcuts in life, they may give temporary satisfaction but they give lasting results, instead choose the long path which is more daunting, if you're successful, you'll get lasting success.

6-The greatest investment you can ever make is in yourself.

7-Try to be humble. Arrogance isn't a good thing.

Truths That Are Hard To Swallow

1-People keep you in their life for reasons that you may not understand. When those reasons change, they will move on.

2-Just because you love someone whole heartedly, doesn’t mean that they’ll love you back.

3-When we say to someone “I’ll always be there for you". We lie because everyone changes.

4-Everyone is suffering in some way or the other. You only know about the sufferings that people let you hear.

5-You will have to live with the memories made at ABC cafe, songs that make you feel something and gifts that will always feel like an old album.

6-We tend to ignore the people we once loved because we are scared to face what their presence made us feel, so we hide around.

7-All we do is think about the feelings we hide.

8-The sad truth is that so many people are in love yet not together and at the same time there are so many people together but not in love.

9-You will die, and you don't know when.

10-It's impossible to make everyone happy.

11-Good things don't come easily.

Gaining Clarity and Creating Space to Manifest

The greatest gift it brings to you is clarity. It is no long an "if" or a hope. You have moved beyond doubt and faith. You just know. Clarity is where you can have strong thought. A strong thought is one which has no opposition. You are no longer in conflict. Your mind is empty and your focus is clear. At clarity, you are generating no more obstacles. When you can clearly

focus on your desire without any inner obstructions, you create life miraculously, unopposed. This is absolute intention with detachment.

Only a mind that is empty and clear can focus. Vision that is clear is focused. The act of focusing causes you to clear your mind. At times when you need to attend to a particular important thing in the moment, you silence everything else so that you can think only about what's before you. In life, it is hard to focus on a goal when there are other things that are bugging your mind. Acceptance is the gateway to focus. When you accept the undesired possibilities, you are able to focus on the desired outcome.

Acceptance is the same thing as love. Love is the same thing as space. Space is the same thing as allowing. When you are practicing love, you are giving space for things to be. When you love something, you are giving it space to be. It is to accept it, not necessarily agree with it, but to accept it as part of the universal scheme of things. Love is the opposite of fear which is resistance. The more you love something, the more you are able not to resist it being the way it is. Giving space liberates you.

Once You Start To Chase Your Dream

1. You'll be criticized by people who don't understand your dream.
2. You'll make mistakes, fail and learn from them.

3. You'll get lectures from people who know little or nothing about your dreams and haven't accomplished anything in that field.
4. You'll need more alone time for deep work.
5. You'll make sacrifices for your dreams.
6. You'll learn how to be patient.
7. You'll disappoint friends and even family.
8. You'll be heartbroken.
9. You'll encounter several challenges that will make you stronger.
10. You'll experience real-time growth.
11. You'll draw closer every day to achieving your dream.
12. As you begin to make progress, you'll begin to see some people who criticized you start to support you.
13. You'll have a sense of purpose and anticipate the future, instead of fear it.
14. You'll look back at your life and be happy you did.

Damaging Behavior Of Unsuccessful People

1-They get involved in petty fights. Unsuccessful people are easily fixated on trivial nonsense and perceived slights, they miss out on the bigger picture.

2-They surround themselves with negativity. Unsuccessful people pay little or no attention to what to hear.

3-They're reactive, not proactive. Unsuccessful people settle for only doing what's asked of them.

4-They blame others for their own failings. Unsuccessful people are unable to hold themselves accountable for their own problems.

5-They are big-time wasters. Unsuccessful people don't know the value of their time, so they waste it on gossip and petty fights?

Some Tricks The Mind Plays On Us

1-Your mind makes you think if you don't get a particular woman or man, then you'll never be able to find someone equally good or better.

2-Your mind makes you think the first solution to a problem that comes to your mind is the best.

3-Your mind makes you think because so many people are saying or doing a particular thing, then it's right.

4-If you're going through a bad situation, your mind can make you think that other people can read your mind and knows that your life sucks.

5-Your mind makes you think you already know everything happening in a situation when in fact, you don't.

6-Your mind makes you believe you're psychologically hurt by a curse word like “simp” simply because most people think it's offensive.

7-Your mind makes you think because you know something that means others around you know it too.

8-Your mind makes you believe you know a lot more than you actually know.

9-When you are in the middle of something bad, your mind plays out your worst-case scenario.

How can I forget the past and focus on the present?

1. **Don't run away from your past.** Always ask yourself what you learned from that incident.
2. **Cry. Forgive. Learn.** Move on. Let your tears water the seeds of your future happiness
3. **Have no regrets.** Even if something worst happened, remember you have grown out of it.
4. Don't think "I wish I would have done this, etc". Think of **positive changes that you can make in present**.
5. Just like lost trust, the past is also something that can't be undone. **Stop wasting time on it.**
6. **Replace negative thoughts with positive ones**, you'll start having positive results.
7. **Don't wait for an apology**. Never let someone else's mistakes stop you from living a happy life.
8. Instead of thinking about what you lost, **focus on what more good you can do now.**

10 Things You Should Never Assume In Life

1-Never assume your crush will like the same things you like.

2-Never assume your boss, friends, family or spouse knows what's best for you.

3-Never assume other people will believe in your dreams. They never had the same experience, training or education you've had.

4-Never assume you know everything about others, you never really know someone until you've been close to them.

5-Never assume that within a certain timeframe, things would change for the better, you have to take decisive steps to effect change.

6-Never assume your health will take care of itself.

7-Never assume things will always remain the way they've always been. You have to be proactive and at least mentally prepare for a worst-case scenario.

8-At your lowest, never assume all is lost, there's so much more that can still be done and so much more going on you have no idea about.

9-Never assume your hero/role model/celebrity crush will love you because you love them.

10-Never assume other people understand a situation, the way you do.

When feeling stuck, quotes that can inspire

1-"It doesn't matter where you came from. All that matters is where you are going."- Brian Tracy

2-"What would life be if we had no courage to attempt anything?" —Vincent van Gogh

3-"I am thankful for all of those who said, "No" to me. It's because of them I'm doing it myself."— Albert Einstein

4-"Keep away from people who belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great."—Mark Twain

5-"Unless you try to do something beyond what you have already mastered, you will never grow."— Ralph Waldo Emerson

6-"You can develop any habit or thought or behavior that you consider desirable or necessary."—Brian Tracy

7-"You never know what you can do until you try, and very few try unless they have to."—C.S. Lewis

8-"The person who risks nothing does nothing, has nothing, is nothing, and becomes nothing. He may avoid suffering and sorrow, but he simply cannot learn?

Stuff; Learned from life...

1-Don't wish problems are easier to solve, wish you were better.

2-Great minds discuss ideas; average minds discuss events; small minds discuss people.

3-No matter how good of a planner you are, one day you'll come to face the unknown.

4-When you think you've known it all, that's when you're just beginning.

5-Being busy doesn't equal productivity.

6-Everyone has 24 hours in a day, but everyone is growing at a different rate and on a different path.

7-Whatever you spend time on, you get better at.

8-What doesn't kill you makes you stronger.

9-Everyone is talented, but if you judge a fish by it's ability to climb a tree, you'll think the fish is useless.

10-The greatest mistake you'll ever make in life is to make assumptions about people. Trust me, you don't know them like that.

Some Of The Hardest Lessons Life Teaches

1-No matter how well you plan and prepare, you will become stranded at some point.

2-Being busy doesn't mean being productive.

3-There is a quick and a long way to success. The shortest path is usually the most unpredictable and difficult.

4- The day you plant the seed is not the day you eat the fruit.

5-You have the power to choose your habit until you don't.

6-The environment you surround yourself with, will make or break you.

7-People are similar in more ways than one.

8-Everyone isn't born equal, but with hard work and diligence, you can make a name for yourself.

9-Try not to be envious of others because everyone is on their own journey. The person you are envious of today may not be around tomorrow.

10-Your perspective on life and the world is not the only one.

Best Life Choices That You Can Make

1. **Build love.** Learn to love yourself the way you do or have loved someone.
2. **Stay different.** In a world full of sheep, be brave enough to be yourself especially when it's different.
3. **Saving money.** Save at least 10% of your income, every month.
4. **Taking responsibility.** Stop blaming your parents, people, luck for your bad situation, focus on what you can do to improve.
5. **Stand-up.** Don't let others take advantage of you, stand up for yourself.
6. **Meditating.** Do at least 10-mins of meditation daily or 5 time prayers and slowly you will quiet the monkey mind.
7. **Quit Junk.** We aren't made to eat processed food regularly, adopt a healthy diet.
8. **Move more.** We aren't made to sit all day, avoid future health problems by being active.

Some Good Things I Should Know

1. Make peace with your past so it does not affect the present.

2. What others think of you is none of your business.

3.Not getting what you want can be a blessing.

4. Don't compare your life to others and don't judge them. You have no idea what their journey is all about.

5. Allow yourself to have some fun.

6. Smile. You don't own all the problems in the world.

7.Time heals almost everything, give it time.

8. Being kind to yourself is the best medicine.

9. And there is always, always, always, something to be thankful for.

Some Unknown Facts About Psychology

1:— Money can't buy happiness but poverty can't buy anything.

2:—They start missing you when they fail to replace you.

3:—Anger is a condition in which tongue works faster than the mind.

4:— You can't be strong all the time. Sometimes you just need to be alone & let your tears out.

5:-Everything comes with an expiry date.

6:— You can' t start the new chapter of your life if you keep re-reading the last one.

7:—Money is numbers & numbers never end . If it takes money to be happy, your search for happiness will never end.

8:—No one's always busy. It just depends on what number you're on the priority list.

9:— Believe it or not you can have whatever you want, your ability is limitless.

10:—Everyone is trying to find the right person but nobody is trying to be the right person.

11:-Your rumors don't define your character, your grades & finances don't define your intelligence.

12:— No Comparison please: No one can play your role better than you.

Intelligent Person Know But Don't Tell

1. Don't tell people your weakness. They will use them against you.
2. Don't tell people your secrets. Only a fool reveals secrets.
3. Don't tell people your failures. They will always see you as a failure and never give you opportunity.
4. Don't tell people your plans. They will sabotage you.
5. Don't tell people your next big move. Move in silence. Take action and shock them with your results.
6. Don't tell people your income or source of your income. Always make them wonder.
7. Don't tell anyone about your love life.

8. Don't discuss personal or family issues with others. People might not have solution to those problems but you will be down in their eyes forever.

Greatest lessons

1. Keep learning throughout your life. Even if you stop learning life will teach you lesson till end.
2. If you feel to cry, cry for the whole day but don't cry next day for the same thing. Next time if you feel to cry for that tell yourself that you have already cried that day for that.
3. Love someone lot but not at the cost of your self-identity. Be yourself.
4. Don't judge the people immediately.
5. Listen the other person very carefully. Try to listen those words which he/she couldn't speak.
6. Learn the fastest ways to get out of your mental prison, depression and trauma. Time is not infinite.
7. Your words can cost you a lot, use them wisely.
8. Deliver only as much information as required to know to the other person and not as much as you know.
9. Plan your day at least before a day, every day. Be consistent.
10. Find out your natural abilities and believe in that.
11. Increase your sources of income. Live a simple but meaningful life.

12. Keep your moral values high. Forgive the people as much as possible and move on.
13. Everyday try to get out of your comfort zone, feel uncomfortable to achieve something better.
14. Have patience, it is your biggest strength.
15. Be successful as much as that world know you without any introduction

Indication of a wrong relationship

1:-The wrong person would judge you on the basis of a lot of things like, weight, income, clothes, complexion, etc.

2:-They would compare you to other girls/boys and show as if they are doing you a favour by not leaving.

3:-you are being constantly judged and compared with others.

4:-You know your partner is telling lies but it's too much trouble to call him out on the lies. So your anger builds inside.

5:—He/she plays ego games and you always let him/her win, that means, ego is important for them not the relationship.

7:- They would cross their limits while joking.

8:-He/she would disappear in times of crisis.

9:-They would disregard your feelings by labelling you as "too sensitive" Or "too emotional".

10:—You would feel as if it's your "duty" To keep them happy.

11:— They would disrespect your family and friends.

Best One-Minute Life Hacks

If you are unable to make a good eye contact then see the area between the eyes of the person, it exactly looks like that you are seeing in the eyes.

Hacks for healthy relationships

- If you realized that you are wrong and admit it, don't argue for sake of winning. Just say sorry, it won't make you smaller.
- Admire people in front of others and tell them their mistakes personally.
- If any argument is going ahead just keep quiet for 2 minutes, it will automatically calm down the other person. After sometime solve the matter with just conversation and remember, you will talk in the soft voice and don't raise the volume at any cost.

Hack that will make you feel happy

- Take a jar and write a happy memory on a chit what happened with you recently. That's how at

the end of the year you will have a lot of memories to remember.

Important Facts About Human Psychology

1-Smart people are more likely to think they're not smart.

2- Everything your mind says has an equivalent reaction from the cells in your body.

3:-Sarcasm is a sign of a healthy brain.

4-A person still has 7 minutes of brain activity upon dying.

5:—The way you dress has a connection with your mood.

6:-Food made by someone else tastes better than your own cooking, despite having the same recipe.

7:-You tend to believe only what you want to believe, unintentionally.

8:-Having a plan B would only make plan A less likely to work.

9:-It takes a person 66 days to form a habit.

10:-Around 80% of all human conversations are gossip.

When something is for you!

1. When something is for you, you won't feel the need to beg, convince, or force. Things will feel easeful, grounded, and safe.
2. When something is for you, it will not make you question or second guess your worth. Instead, it will remind you how worthy and loved you truly are.
3. When something is for you, it will feel healthy and supportive-not toxic or destructive.
4. When something is for you, it will not run or hide or avoid being yours. You do not have to chase after anything or anyone.
5. When something is for you, it will bring clarity and alignment to your life, not chaos and confusion.

Someone Who Experienced A Failure

1. Pride won't pay the bills. Trust because the risk of failure is inevitable, not because it's safe or certain.
2. People don't care whether you're successful or have got a lot of money. People only care if you can provide any value or be of service to anyone.
3. Stay hopeful. You never know what tomorrow may bring.
4. Accept the situation. Upgrade your self-esteem. Things work out best for those who make the best out of what they already have.

5. Overcome rejection. The best business ideas have yet to be tried. The best relationships have yet to be formed. The space of possibilities is endless. The most interesting terrain remains unexplored.
6. Don't let fear or insecurity stop you from trying new things. Believe in yourself. Do what you love. And most importantly, be kind to others, even if you don't like them.
7. The only relationships that work are those that are less important to you than your values.
8. Until you get comfortable with being alone, you'll never know if you're choosing someone out of love or loneliness.
9. Stay low-key. Master Stress. It's time to get out of your own way and excel.

Keep Consistency Over Anything That Is Started

1. Be true to yourself or at least don't lie.
2. Avoid people who try to "fix "you.
3. Stop overestimating the role of luck in others' lives and underestimate the role of skill in our lives.
4. Don't forget, being single is just a status, not destiny.
5. Self-confidence is earned by keeping promises you made to yourself.

6. Realign, refocus and put effort into what matters.
7. Being both soft and strong is a combination that very few have mastered.
8. Assume the person you're listening to might know something you don't.

12 Diamond worth lessons

1. Women are judged by their beauty and looks and a man is judged by his pocket and strength.
2. Success is like pregnancy, everybody congratulates you, but has no idea how many problems you faced.
3. The person who smiles at your presence is also likely to have laughed at you at your absence. Know who you talk to.
4. No matter how insignificant your opinion is, it weighs alot when you're rich.
5. School was never designed to make you rich.
6. Life is very deep. You're taught the basics and left to figure out the complexities.
7. Nobody gives without expecting in return. Nobody! Even good Samaritans give to feel good.
8. The fastest way to get help from people is showing them how helping you can also benefit them.
9. Nobody will give you the respect you truly deserve unless you give them the reason to.

10. Society will always favor, respect, worship and follow the rich and there is nothing you can do about it.
11. Nobody cares about your dreams and challenges. People have their own problems too.

08 Ways to deal with people who want to use you

1. Silence reveals true intentions, just observe and listen. People will show who they're.
2. Never tell everyone everything, you might be educating the enemy.
3. Be smart enough to walk away from negative people.
4. In the end, it's up to you to decide what you want. Don't let fear paralyze you.
5. Use the power of your mind to empower your life.
6. Stop being a people pleaser. Trying to make everyone happy never works. Know you're where you're meant to be.
7. Saying "Yes" when you mean "No" hurts you. Saying "No" is the best form of self-care.
8. Put yourself first because people will straight up waste your time and energy and you can't get it back.

12 things we should never do

1. Never Lie to yourself
2. Never Say "I can't" to everything that looks difficult
3. Never Depend on other people for constant love, attention, or entertainment
4. Never Obsess about other people's things or words
5. Never Dwell on your mistakes
6. Never Spend on what you don't have
7. *Never* Assume that your current job will last a long time
8. Never Forget to live by your moral code
9. Never Neglect your health
10. Never Forget who helped you when things got rough
11. Never Take yourself way too seriously
12. Never Blame others for the problems you have

Don'ts of Life

1. Don't keep toxic people around you just because they're family.
2. Don't try to heal in the same environment that made you sick.
3. Don't let loneliness drive you back to toxic people.
4. Don't overthink your way out of potentially rewarding choices.
5. Don't keep people who constantly lower your vibe.

6. Don’t carry old feelings into new experiences.
7. Don’t over overvalue what you are not and undervalue what you are.
8. Don’t be so surprised when things start to go your way. Come on, you deserve it!

Street & Literary Smartness

Being "street smart" refers to a practical intelligence or savvy in dealing with everyday life situations, especially in urban or social environments. It involves a set of skills and awareness that may not necessarily be taught in formal education settings but are crucial for navigating real-world challenges. Street-smart individuals are often quick thinkers, adept at problem-solving, socially aware, and able to adapt to different situations. This trait is characterized by practical knowledge, common sense, and an understanding of the dynamics of the environment one is in.

Street smartness is essential for scholars, philosophers, thinkers, and older individuals for several reasons:

1. Real-World Application: While academic knowledge is crucial, street smarts ensure the practical application of that knowledge in everyday situations. It bridges the gap between theory and reality.

2. Adaptability: Street smart individuals can adapt to different social contexts, technological changes, and

evolving situations, enabling them to navigate a rapidly changing world effectively.

3. Problem-Solving: Street smarts involve practical problem-solving skills, which are invaluable for scholars and thinkers dealing with complex issues and challenges in their respective fields.

4. Communication: Effective communication is a key aspect of street smarts. Scholars and philosophers benefit from being able to convey their ideas in a way that is accessible to a broader audience, not just within academic circles.

5. Interpersonal Skills: For scholars and older individuals, navigating social dynamics and building relationships is crucial. Street smarts enhance interpersonal skills, fostering better connections with diverse groups of people.

6. Risk Management: In various stages of life, including old age, being street smart involves understanding and managing risks, whether they are related to health, finances, or personal well-being.

7. Continuous Learning: Street smarts encourage a mindset of continuous learning and adaptation, which is essential in an era of rapid technological advancements and societal changes.

8. Practical Wisdom: For philosophers and thinkers, street smarts provide a form of practical wisdom gained through lived experiences. This complements their

theoretical knowledge and enhances their overall wisdom.

9. Independence: Street smarts contribute to the ability to make informed decisions independently, an important trait for older individuals who may face various challenges in their daily lives.

10. Quality of Life: Ultimately, street smart skills contribute to a better quality of life. They empower individuals to navigate the complexities of the world, make informed choices, and engage meaningfully with others.

In summary, street smarts complement intellectual pursuits, offering a practical dimension to knowledge and wisdom. This combination equips scholars, philosophers, thinkers, and older individuals to thrive in various aspects of life.

Developing street smart skills

Developing street smart skills in literary smart people like professors, philosophers, thinkers; involves a combination of awareness, experience, and adaptability. Here are some ways they can work on enhancing their street smarts:

1. Observe and Learn: Pay attention to your surroundings, people's behaviors, and the dynamics of different situations. Learn from what you observe.

2. Engage in Diverse Interactions: Interact with people from various backgrounds and walks of life. This exposure helps in understanding different perspectives and social dynamics.

3. Seek Practical Experiences: Actively participate in real-world experiences, whether through internships, volunteer work, or personal projects. Practical exposure complements theoretical knowledge.

4. Embrace Challenges: Don't shy away from challenges. Facing and overcoming obstacles builds resilience and problem-solving skills.

5. Build Communication Skills: Practice effective communication, both verbal and non-verbal. Being able to convey ideas clearly and understand others is crucial.

6. Develop Emotional Intelligence: Understand and manage your own emotions, as well as those of others. Emotional intelligence is valuable in interpersonal relationships.

7. Network Strategically: Connect with a diverse network of people. Networking opens up opportunities and provides insights into different industries and professions.

8. Take Calculated Risks: Assess risks and be willing to step out of your comfort zone when necessary. Taking calculated risks fosters adaptability.

9. Learn from Mistakes: Reflect on your experiences, especially failures. Mistakes are valuable learning opportunities that contribute to personal growth.

10. Stay Inquisitive: Cultivate a curious mindset. Ask questions, seek to understand, and stay open to new ideas and perspectives.

Combining theoretical knowledge with practical application and a willingness to learn from experiences can help individuals develop street smart skills over time. It's about adapting to the complexities of real-world situations and making informed decisions in diverse environments.

Static Follower and Free (Critical) Thinker

Education should ideally foster both: providing a foundational knowledge base (static follower) and nurturing critical thinking skills (free thinker).
Certainly! The statement emphasizes a balanced approach to education that incorporates two key aspects:

1. Foundational Knowledge Base (Static Follower):

- This refers to the acquisition of fundamental facts, concepts, and skills within various subjects.
- Students need a solid understanding of basics like mathematics, language, science, history, etc.
- This foundation serves as a framework for more advanced learning and application.

2. Nurturing Critical Thinking Skills (Free Thinker):

- Critical thinking involves analyzing, synthesizing, and evaluating information to make reasoned decisions.
- Encouraging students to question, analyze, and apply knowledge actively fosters independent thinking.
- This skill is crucial in adapting to new situations, solving complex problems, and contributing to innovation.

Balancing the Two:

- Why Foundational Knowledge?

- It provides a framework for understanding more complex concepts.
- Basic skills are often necessary for higher-level learning and practical application.

- Why Critical Thinking?

- In a rapidly changing world, rote memorization is insufficient.
- Critical thinking enables individuals to adapt, innovate, and contribute meaningfully to society.

Age-Appropriate Approach (Piaget's Theory):

- Piaget's theory of cognitive development suggests that children go through distinct stages of cognitive growth.
- In early stages, a more concrete and structured approach might be effective (building foundational knowledge).

- As students' progress, fostering abstract thinking and problem-solving becomes crucial (nurturing critical thinking).

In summary, a well-rounded education should equip students with a strong foundation of knowledge while also encouraging them to develop critical thinking skills. The balance between these elements may vary based on the developmental stage of the learner, aligning with Piaget's theory of cognitive development.

Intuitive & literary Intelligence/Static & Free Thinking

Individuals with strong intuitive intelligence often exhibit a heightened ability to grasp patterns, make quick decisions based on gut feelings, and navigate complex situations with a sense of spontaneity. They tend to rely on intuition and instinct, often excelling in fields where creativity and innovation are valued.

On the other hand, individuals with high literary intelligence demonstrate proficiency in language-related skills. They excel in reading, writing, and verbal communication. Their analytical thinking allows them to process information critically, interpret complex texts, and articulate ideas effectively. This group tends to thrive in professions that require strong communication and reasoning abilities.

When these two intelligences are combined, individuals may leverage both intuitive insights and articulate communication, resulting in a more comprehensive and adaptable approach to problem-solving and decision-making. This integration can lead to a well-rounded individual with the ability to excel in diverse intellectual tasks and challenges.

How to develop both intelligences? What are the strategies?

Developing both intuitive and literary intelligences involves a combination of activities that target different aspects of cognitive and creative skills. Here are strategies for nurturing each:

>> Intuitive Intelligence:

1. Mindfulness Practices: Engage in activities like meditation or mindfulness exercises to heighten awareness and strengthen intuitive abilities.

2. Creativity Exercises: Foster creativity through activities such as brainstorming, art, music, or freeform writing to encourage innovative thinking.

3. Problem-Solving Games: Play games that require quick decision-making and problem-solving to enhance intuitive skills.

>> Literary Intelligence:

1. Reading Widely: Read a diverse range of materials, including fiction, non-fiction, and different genres, to broaden vocabulary and comprehension skills.

2. Writing Practice: Regularly engage in writing exercises, such as journaling, creative writing, or essays, to refine expressive and analytical writing skills.

3. Critical Analysis: Analyze literature, articles, or academic papers to develop critical thinking skills and the ability to extract meaningful information.

>> Integration:

1. Reflective Practices: Combine intuitive and literary experiences by reflecting on intuitive insights and expressing them through writing, fostering a connection between the two intelligences.

2. Interdisciplinary Learning: Explore fields that require a blend of intuitive and literary skills, such as philosophy, psychology, or interdisciplinary sciences.

3. Collaborative Projects: Work on projects that involve both creative problem-solving (intuitive) and effective communication (literary) to strengthen the synergy between the two.

Remember, consistent practice and a willingness to explore diverse experiences are key to developing a balanced combination of intuitive and literary intelligences.

how can static follower, free thinker take benefits from intuitive and literary intelligences?

Individuals who identify as static followers or free thinkers can benefit from both intuitive and literary intelligences in different ways:

>> Static Follower:

1. Enhanced Decision-Making: Developing intuitive intelligence allows static followers to improve their decision-making skills by incorporating gut feelings and instinctual insights into their thought processes.

2. Adaptability: Literary intelligence can contribute to better communication and understanding of diverse perspectives, helping static followers become more adaptable in different situations.

3. Critical Reflection: Integrating both intuitive and literary elements enables static followers to critically reflect on their beliefs and actions, fostering personal growth and self-awareness.

>> Free Thinker:

1. Creative Expression: Intuitive intelligence fosters creativity, enabling free thinkers to explore unconventional ideas and concepts. Literary intelligence

allows them to articulate and communicate these ideas effectively.

2. Effective Communication: Literary intelligence aids free thinkers in expressing their innovative thoughts with clarity and precision, making it easier to share and discuss their ideas with a broader audience.

3. Balanced Decision-Making: Combining intuitive insights with critical analysis helps free thinkers strike a balance between innovation and practicality, leading to well-informed and thoughtful decision-making.

>> Strategies for Both:

1. Cross-Disciplinary Exploration: Engage in activities and studies that involve both intuitive and literary aspects, such as philosophy, interdisciplinary sciences, or creative problem-solving projects.

2. Reflective Practices: Regularly reflect on experiences, thoughts, and decisions, integrating both intuitive and literary insights to gain a comprehensive understanding of oneself and the world.

3. Continuous Learning: Cultivate a mindset of continuous learning, exploring diverse subjects and challenging assumptions to expand both intuitive and literary capacities.

In essence, the integration of intuitive and literary intelligences can empower both static followers and free

thinkers to navigate the complexities of life with a more balanced and holistic approach.

Examples Of Intuitive Intelligence And Literary Intelligence

Here are examples of successful personalities who have demonstrated a combination of both intuitive intelligence and literary intelligence:

>> Intuitive Intelligence:

1. Steve Jobs:

- Contribution: Co-founder of Apple Inc., Jobs was known for his intuitive understanding of consumer needs and his ability to envision groundbreaking products.

- Intuitive Trait: Jobs relied on his intuition for product design and innovation, often trusting his instincts to create technology that changed the way people interact with computers and devices.

2. Oprah Winfrey:

- Contribution: Media mogul, talk show host, and philanthropist, Oprah is known for her intuitive interviewing style and her ability to connect with diverse audiences.

- Intuitive Trait: Oprah's success is attributed, in part, to her intuition in selecting and addressing topics that

resonate with her audience, creating a strong emotional connection.

>> Literary Intelligence:

1. Barack Obama:

- Contribution: 44th President of the United States, Obama is celebrated for his eloquence, effective communication, and literary prowess.

- Literary Trait: Obama is an accomplished writer, and his memoirs, "Dreams from My Father" and "The Audacity of Hope," showcase his literary intelligence, reflecting his ability to articulate complex ideas and emotions.

2. J.K. Rowling:

- Contribution: British author best known for the "Harry Potter" series, Rowling's work has had a profound impact on literature and popular culture.

- Literary Trait: Rowling's success lies in her literary intelligence, as she masterfully crafted a rich and intricate fictional world, showcasing her storytelling and language skills.

>> Combined Intuitive and Literary Intelligence:

1. Maya Angelou:

- **Contribution:** Renowned poet, memoirist, and civil rights activist, Angelou's work addresses issues of identity, race, and resilience.

- **Combined Trait**: Angelou's success is a result of her ability to seamlessly blend intuitive insights with literary expression, creating powerful and emotionally resonant works like "I Know Why the Caged Bird Sings."

2. Elon Musk:

- **Contribution:** Entrepreneur and CEO of companies like Tesla and SpaceX, Musk is a pioneer in the fields of electric vehicles and space exploration.

- **Combined Trait**: Musk demonstrates a combination of intuitive intelligence in his visionary ideas and literary intelligence in his ability to communicate complex technological concepts to the public and investors.

These examples highlight how individuals who excel in various fields often possess a harmonious blend of intuitive and literary intelligences.

If relies on only one type of intelligence

If someone predominantly relies on only one type of intelligence, either intuitive or literary, they may encounter certain challenges and limitations in specific areas. Here are some potential hurdles associated with relying predominantly on a single intelligence type:

>> Relying Only on Intuitive Intelligence:

1. Lack of Analytical Skills: Individuals with primarily intuitive intelligence may struggle with detailed analysis and critical thinking, potentially leading to oversight of important details in decision-making.

2. Difficulty Communicating Ideas: Expressing intuitive insights in a clear and structured manner can be challenging, making it difficult for others to understand and support their ideas.

3. Risk of Impulsivity: Over-reliance on intuition without a balance of rational analysis may lead to impulsive decision-making, which could be detrimental in certain situations.

>> Relying Only on Literary Intelligence:

1. Limited Creativity: A focus solely on literary intelligence may lead to a more structured and analytical approach, potentially limiting one's ability to think outside the box and generate innovative ideas.

2. Difficulty Embracing Ambiguity: Literary intelligence tends to thrive in well-defined situations, and individuals may struggle in ambiguous or uncertain scenarios where clear answers are not readily apparent.

3. Reduced Adaptability: Overemphasis on literary intelligence may result in resistance to change and a reluctance to explore unconventional or unorthodox solutions.

>> Overcoming the Hurdles:

1. Integrated Learning: Actively engage in activities that challenge the less dominant intelligence type. For example, if someone is more intuitively inclined, they can practice structured writing or engage in analytical exercises to enhance literary intelligence.

2. Feedback and Reflection: Seek feedback from others to identify blind spots associated with relying on a single intelligence. Reflecting on personal strengths and weaknesses can guide efforts to develop a more balanced skill set.

3. Diverse Experiences: Exposure to a variety of experiences, disciplines, and learning methods can broaden cognitive abilities and help overcome the limitations associated with relying on a single intelligence type.

4. Collaboration: Collaborate with individuals who possess complementary intelligence types. Working with others who excel in areas where there may be a deficiency can lead to more well-rounded problem-solving and decision-making.

In essence, while individuals may naturally gravitate towards one type of intelligence, there is value in cultivating a balance to navigate the complexities of personal and professional life more effectively.

Suggestions To Students

suggestions to students regarding free thinking, static following, intuitive, and literary intelligences are as follows:

>> Embrace Free Thinking:

1. Explore Diverse Perspectives: Encourage students to explore various viewpoints, ideologies, and disciplines to broaden their understanding of the world.

2. Question Assumptions: Foster a culture of curiosity by challenging assumptions and encouraging students to question the status quo.

3. Creative Expression: Provide opportunities for creative expression through writing, art, or other mediums to nurture imaginative thinking.

>> Understand Static Following:

1. Learn from Authority: Acknowledge the importance of learning from established authorities and experts, recognizing the value of experience and knowledge.

2. Build a Foundation: Emphasize the importance of building a solid foundation of knowledge and skills before venturing into more unconventional or innovative approaches.

>> Develop Intuitive Intelligence:

1. Trust Instincts: Teach students to trust their instincts in decision-making, but also emphasize the value of balancing intuition with rational analysis when appropriate.

2. Problem-Solving Activities: Incorporate problem-solving activities that require intuitive thinking, encouraging students to develop their ability to make quick and effective decisions.

>> Cultivate Literary Intelligence:

1. Reading Diversity: Encourage a diverse reading habit to enhance vocabulary, comprehension, and critical thinking skills.

2. Effective Communication: Emphasize the importance of effective written and verbal communication, as it is a crucial skill in various academic and professional settings.

>> Integration and Balance:

1. Holistic Learning: Promote the idea that a well-rounded individual benefits from a combination of free thinking, static following, intuitive, and literary intelligences.

2. Interdisciplinary Exploration: Encourage students to explore interdisciplinary studies and engage in projects that require a blend of different intelligences.

3. Continuous Growth: Instill a mindset of continuous learning and personal growth, emphasizing that intelligence is not static, and individuals can develop and refine their skills over time.

>> Critical Thinking:

1. Analytical Skills: Foster critical thinking skills that allow students to evaluate information, make informed decisions, and discern the validity of different perspectives.

2. Reflective Practices: Encourage self-reflection to help students understand their own thinking processes, strengths, and areas for improvement.

By embracing a combination of these approaches, students can develop a well-rounded set of skills that will serve them in various aspects of life, from academic pursuits to professional endeavors and personal growth.

About the Book: "Life Skills" is a unique volume delving into essential life principles and wisdom sourced from various outlets, including Quora Digest, "Tips for Success," and contributions from Noctis Enoch. Enriched by the guidance of ChatGPT, this compilation draws inspiration from Shia Islam, offering universal insights transcending cultural and religious boundaries. With an open invitation to readers from all backgrounds, "Life Skills" aims to empower individuals with timeless wisdom for a more fulfilling and purposeful life. Please note that the book has been curated with sensitivity, ensuring alignment with Islamic teachings and addressing any potential concerns.

About Author: S. Jahanzaib Abidi is a distinguished author known for his extensive collection of articles covering a wide range of subjects, including philosophy, religion, education, politics, economics, media, and society. His prolific writings showcase a deep understanding and insightful analysis across diverse topics, making him a notable figure in the realm of article series.

With a keen intellect and a penchant for thorough exploration, Abidi's contributions offer readers a nuanced perspective on various issues, establishing him as a respected writer whose work resonates across different spheres of thought and discourse. His thought-provoking articles contribute significantly to the intellectual landscape, fostering a deeper understanding of complex subjects.